



**Sai Sanjeevini Yoga**

*Healing, Health, Happiness*

<http://www.saisanjeeviniyoga.org>

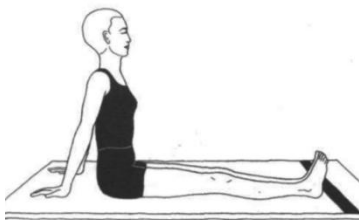
## **Anti-Arthritic Practices for Rejuvenation of Joints of Lower Limbs**

***You are welcome to join our FREE Online teaching Sessions  
for these practices. Visit our Yoga website  
[www.saisanjeeviniyoga.org](http://www.saisanjeeviniyoga.org) for Dates and Zoom links***

**Starting Position or base position for Yoga practices for rejuvenating the joints of lower limbs with Prana (life force, vital energy)**

Sit in the following position with both legs stretched out. Gently close your eyes. Consciously allow the whole body and mind to become relaxed with every outgoing breath.

After becoming familiar with the Anti Arthritic practices listed below, it is good to do the practices with the eyes gently closed. This helps in keeping our mind with the practice in a more focused way.



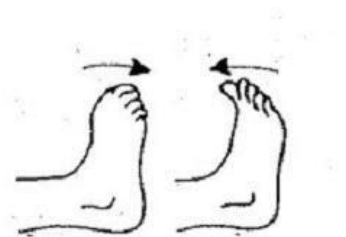
### **1. Toe Joints**

#### **Toe Bending**

Keep both the feet steady.

Breathing in move only the toes towards you, hold for about 3 seconds.

Breathing out move the toes away from you and bend them as much as you can, hold for about 3 seconds



**Toe Bending**

Repeat 3 to 5 times

Awareness on all sensations in and around the toe joints – stiffness, pain, cramps

## 2. Ankle Joints

### Ankle Bending



Keep the heels of both the feet steady on the floor

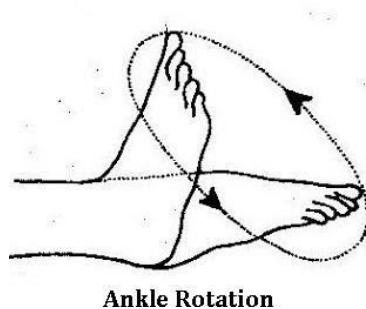
Breathing in, bring the both feet together towards you – hold for about 3 seconds

Breathing out move the feet away from you – hold for about 3 seconds

Repeat 3 to 5 times

Awareness on the ankles and stretch of muscles and nerves of the legs

### Ankle Rotation



Bring both feet together. Give as big a rotation as possible to both feet together

Breathe in on the upward movement

Breathe out on the downward movement.

3 to 5 rotations in one direction and 3 to 5 in reverse direction.

Awareness on the sensations in and around the ankle joints.

## **Ankle Crank**



Bring right foot on the left thigh

Hold the toes of the right foot with your left hand

Keep your right-hand grip just above your right ankle to hold it steady.

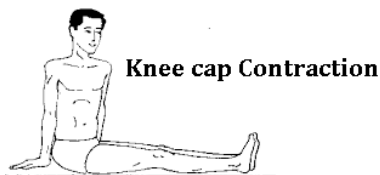
Give as big a rotation as possible – 3 to 5 times one way and then reverse.

Breathe in on upward movement. Breathe out on downward movement.

Awareness on rotation of ankles, and on sensations in and around ankle joints.

## **3. Knee Joints**

### **Knee Cap Contraction**



Breathing in pull both thigh muscles towards yourself.

Feel the tension in the Knees

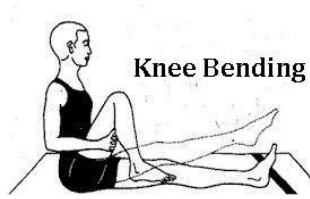
Hold for about 5 seconds.

Breathing out let go and feel the relaxation in your Knees.

Repeat 3 to 5 times.

Awareness on the tension and relaxation in the Knees

## Knee Bending



Breathing in lift right leg up about a foot high.  
Support the leg with both your hands under the right thigh,

Breathing out bend the leg towards you, bringing the right thigh as close to the chest as possible and both the hands pressing the leg towards the chest.

Breathing in take the leg forward

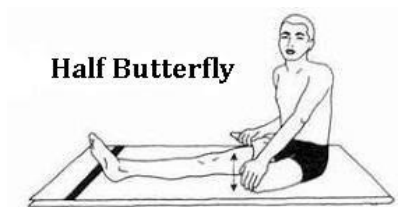
Repeat 3 to 5 times

Repeat the whole practice 3 to 5 times with the left leg.

Awareness on the Knee bend and all sensations due to the movement.

## 4. Hip Joints

### Half Butterfly



Bring right foot above your left thigh

Keep your right hand on the right knee

Gently push the right Knee downwards towards the floor 40 to 50 times.

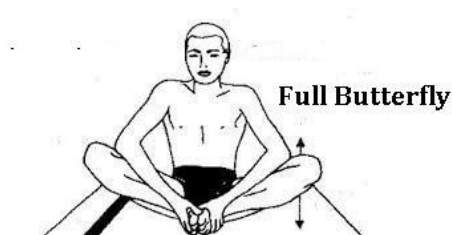
**Please do not push down too hard. Be aware of your body's limitations.**

Awareness on the movement of the knee, and gentle loosening of the right hip joint.

Repeat the same practice with left foot on the right thigh (as shown in picture above.)

Normal breathing during the practice.

## Full Butterfly



Bring the soles of both your feet together and clasp the feet with both your hands.

Gently push your knees downwards 30 to 40 times. **Please do not push too hard.** Slowly as the flexibility in the hip joints improves with regular practice, the downward movement will increase.

Normal breathing.

Awareness on the movement and the loosening of both the hip joints.

## Ending the Lower limb joint practices



### Deepening Your Practice: Connecting with Pranic Energy

After completing the practices shared above, return to your base seated position and gently close your eyes.

Bring your awareness inward, focusing for a few moments on your **legs and feet**. As you do this, become attuned to the **Vital energy, or Prana**, flowing freely within them. You might perceive this Prana as a **tingling sensation** or a **gentle warmth** deep inside your body.

Consciously observe any areas where the flow of Pranic energy feels restricted in your legs, feet, and all the joints of your lower limbs—your **toes, ankles, knees, and hips**. Visualize and affirm these blockages are completely clearing, allowing Prana to circulate unimpeded. Feel every cell in your legs, feet, and all these joints being fully **nourished and healed** by this vital energy.

Finally, for a few moments, consciously cultivate a feeling of **joyful gratitude** to the Divine for the blessings of healing and rejuvenation.

