



Immunity Building **Yoga** Asanas

Yoga, the time tested ancient holistic system for strengthening of the body and mind, has many benefits. One of the main advantages is the strengthening of the body's defense mechanism and resistance power. Combined with a healthy diet, regular yoga practice helps boost immunity, and improves the body's flexibility and agility.

The COVID-19 pandemic has brought to focus the importance of shoring up one's immunity and body defenses. In an effort to reiterate the utility of yoga to stay #iamstrongest during a pandemic, SharonPly has put together 12 yoga poses for its 2021 desk top calendar inserts. These are not the only poses for building immunity. However they are best practiced with the help of a qualified yoga instructor and under medical advice. SharonPly wishes you good health and fine fitness!

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SharonPLY constantly tries to make a difference through dedicated action. One of the causes that SharonPLY cares deeply about, is the health of our environment. Last year which saw the whole world coming practically to a standstill because of the pandemic, required a slightly different approach to health.

As the industry leader, SharonPLY had to redefine safety standards for its own people, Channel Partners, Associates, Skilled Workforce and Customers.

During the lock-down period, the R&D Team at SharonPLY focused on developing a lasting solution to address a key question in the minds of all its constituents - the fear of Virus.

The R&D team had earlier found a solution to address microbes like fungi and bacteria effectively. In a similar vein, the team diligently applied itself to the task of quickly finding a solution, which resulted in the use of **Nano Technology** ingrained on the surface of Plywood, Particle Boards and Pre-laminated Boards that eliminated the virus that came in contact with its surfaces.

This proved to be yet another achievement for SharonPLY's '**Make in India**' practice. Visit www.sharonply.com/virasafebysharonply/ for more details.

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www.iamstrongest.com & www.isaynotoplastic.com are the two CSR websites of SharonPLY.



Please do share your **comments and suggestions** at help@sharonply.com, regarding this calendar printed on recycled paper. For product enquiries contact 1800-200-3849

Yoga is for everyone and for all ages. However it is up to the individual to decide. If one is suffering from specific injury or disease it is best to consult with a doctor first. Similarly if one is pregnant, follow the recommended practice by a professional. It is better to build up the practice slowly than to force and strain. One must feel relaxed even as one exerts. The techniques and suggestions presented here are not intended as a substitute for proper medical or professional yoga advice. SharonPLY or their associates assume no responsibility for injuries or conditions suffered while practising these techniques.



JANUARY 2021

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31					1	2
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Bhujangaasana (Cobra Pose):

This is a simple belly down back bend. Inhale as you come up slowly. Hold the pose and breath for 5 counts and exhale as you come down. Strengthens the spine. Stretches chest and lungs, shoulders, and abdomen. Helps relieve stress and fatigue. Therapeutic for asthma.



FEBRUARY 2021

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Dhanuraasana (Bow Pose):

Lie down on your stomach. Bend your knees and hold your ankles. Lift your chest and pull your legs while inhaling. Stay for 5 relaxed breaths. Release and lie down on your stomach again. Stretches the entire front of the body. Strengthens the back muscles. Improves posture.



MARCH 2021

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Halaasana (Plough Pose):

Lie down on your back. Engage your core and use momentum to lift your hips and legs up and over, very gently until the toes of your feet touch the floor behind you. Stay for 5 relaxed breaths. Return slowly to lie down on your back. Stimulates abdominal organs and Thyroid gland.



APRIL 2021

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————— *Adho Mukha Shvavasaana* (Downward Dog Pose): —————

Lie down on your stomach. Lift your hip up with only your palms and feet touching the ground. Hang your head between your upper arms. Stay for 5 relaxed breaths. Return to lie down on your stomach again. Tones the core. Strengthens bones. Improves blood flow to the brain.



MAY 2021

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Ardha Naavaasana (Half Boat Pose):

Sit and stretch you legs. Hold under your knees. Raise both legs to 45 degrees. Release your hands slowly and feel the stretch at the back and legs. Can be done with slightly bent knees too. Stay for 5 relaxed breaths. Return to the sitting position. Improves digestion and immunity.



JUNE 2021

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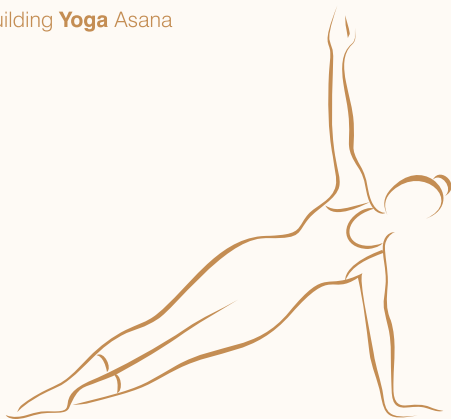
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Matsyaasana (Fish Pose):

Lie on your back with your palms down under your hips. Inhale and lift chest and head with the weight on your elbows being close to your body. Stay for 5 relaxed breaths. Known as the destroyer of all diseases, it increases metabolism and stimulates the organs of stomach and throat.



JULY 2021

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Vasisthaasana (Side Plank Pose):

Lie down sideways and lift your body using one hand. While inhaling raise the other hand in a straight-line to the other. Stay for 5 relaxed breaths. Return to lie down sideways. Switch sides. Tones the entire upper body. Strengthens the back muscles. Develops a sense of balance



AUGUST 2021

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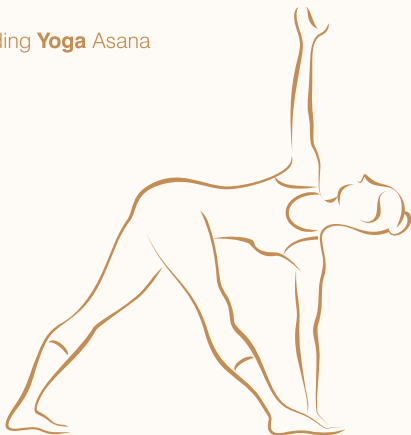
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Aananda Baalaasana (Happy Baby Pose):

Lie down on your back. Bend your knees slightly out, and hold your toes. Now you can roll front to back and sideways. Massages your spine and stimulates your digestive system. Calms the brain. Helps relieve stress and fatigue.



SEPTEMBER 2021

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***Trikonaasana** (Triangle Pose):*

Stand with feet 4ft apart. Turn right foot 90 degrees out. Exhale and bend your body sideways to touch ground on the right. Lift right hand and look up at it. Keep both hands in a straight line. Stay for 5 relaxed breaths. Return to stand with feet apart. Switch sides. Relieves gastritis, indigestion & acidity.



OCTOBER 2021

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Supta Viraasana (Reclining Hero's Pose):

This begins as a seated pose, with legs bent at the knees, the calves resting alongside the thighs and feet pointing backward. Now go back with the support of your elbows, until you lie on your back. Stay for 5 relaxed breaths. Return to the seated pose. Stretches the abdomen, improves digestion.



NOVEMBER 2021

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Urdhva Prasarita Paadaasana (Upward Foot Pose):

Lie down on your back and bend your knees. Now straighten your legs up slowly. Even if your lower legs are not straight up in the beginning, ensure that your thigh is perpendicular to your body. Stay for 5 relaxed breaths. Stretches the muscles of the legs, pelvis and the back.



DECEMBER 2021

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————— **Ardha Matsyendraasana** (Half Lord of the Fishes Pose): —————

Sit and bring left leg under right buttock. Bend right leg and place outside the left. Place right palm behind and bring left elbow on the right side of right knee. Inhale and lift the spine. Twist and look at your right shoulder while exhaling. Stay for 5 relaxed breaths. Switch sides. Energizes and stretches the spine.