

G R E E V A

B E D A S

P R A N A V A M

NECK MOVEMENT USAGES



PRANAVAM

SUNDARI GREEVA VINIYOGA:

HORIZONTAL NECK MOVEMENT
WITHOUT TURNING THE FACE OR
TILTING THE HEAD

**Snehaarambhe thatha yathne
samyagarthe cha visthruthe
Sarasatwaanumodhe cha saa greeva
sundari matha**

DEFINITION:

Meaning:

Snehaarambhe – Beginning of affection

Yathne - Effort

Samyagarthe - Fulfillment

Visthruthe - Wideness

Sarasatwaanumodhe – Approval with pleasure

PRANAVAM

THIRASCHEENA GREEVA VINIYOGA:

MOVING THE NECK UP AND
DOWN ON EITHER SIDE IN A
SNAKE LIKE MOVEMENT

**Khadgashrame sarpagathyaam
thirascheena prayujyathe**

DEFINITION:

Meaning:

Khadgashrame – Exercise with the sword

Sarpagathyaam – Gliding movement of a snake

PRANAVAM

PARIVARTHITHA GREEVA VINIYOGA:

MOVING THE NECK FROM ONE
SIDE TO ANOTHER AS IF
DRAWING A CRESCENT

Shrungaaranatane
kaanthakapoladwayachumbane
Naatyathanthravicharagnaihi
prayojyaa parivarthitha

DEFINITION:

Meaning:

Shrungaaranatane – To denote female dance

Kaanthakapoladwayachumbane – Kissing the two cheeks of the beloved

Naatyathanthravicharagnaihi – Those who know the natya thanthre

PRANAVAM

PRAKAMPITHA GREEVA VINIYOGA:

MOVING THE NECK FORWARD AND BACKWARD

**Yushmadasmadhithi prokthe
deshinaatye visheshathaha
Dolaayaam manithe chaiva
prayokthavya prakampitha**

DEFINITION:

Meaning:

Yushmadasmadhithi prokthe – To denote saying you and I

Deshinaatye – Folk dance

Dolaayaam - Swinging