

## Chaturvimsh Vyayam – Kalaruppayattu 24 Vyayam Exercises



**Kalari Vyayam ( Top to Bottom, Left to Right order) –** 1) Payatta (Sit Up). 2) Hanuman Baski (Forward Sit Up) , 3) Hanuman Thonni ( forward/backwards Sit Up) , 4) ottu(Push Ups/pumping), 5) Munnottu (forward Pushups), 6) Pinnottu (Backward pumping), 7) Kalketti Nettii Thodukka, 8) Pattu Viral (Finger Pushups/Pumping) , 9) Kai Akathu Thala Thoduka, 10) Otta Kal Pumping, 11)Oru Kai Kuthi Pumping, 12) Anni Chattam, 13) Kai Muttii Ehayuka, 14) Eru Kailum Kal Muttu Nirthuka, 15) Shirasasana or Half Shirasasana, 16) Sarvangasana, 17) Chakrasana, 18)Mayurasana, 19)Kal Peruviral, 20)Kai Pureke Ketti Eru Vasangal Irikkuka, 21) Kai Vasangal Thottu Nadukku Thoduka, 22) Vandi Kasarth, 23a) and 23b) Nettii Kai Thottu Mukalil Nokkuka, 24) Shavasana ( Photographs: R. Karthik courtesy NCKalari)



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- ICCR, Ministry of External Affairs, Govt. Of India

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