

INTRODUCTION TO YOGA

Yoga: Meaning and its definition

→ Yoga is the philosophy, science and art of holistic living where the ignoble in man is transformed into noble.

→ The word yoga means "union" or "oneness" and is derived from the Sanskrit root word "yuj" which means to join, bind, yoke.

→ This union is described in spiritual term as the union of the individual consciousness with the universal consciousness.

→ On a more practical level, Yoga is a means of balancing and harmonising the body, mind and emotions.

→ This is done through the practice of asana, pranayama, mudra, bandha and meditation.

→ The science of yoga begins to work on the outermost aspect of the personality, the physical body.

→ According to Bhagavad Gita

"Balance / equanimity is called yoga"

"Yoga is skillfulness in action"

"It is a skill to calm down the mind"

Branches of Yoga

- | | |
|---------------------|-------------|
| → 1) Karma yoga | → 2) Bhakti |
| → 3) Jnan yoga | → 4) Raja |
| → 5) Hatha yoga | → 6) Lay |
| → 7) Kundalini yoga | → 8) Man |
| → 9) Swara yoga | |

Practical and Familiar State

- When imbalances is felt at organs, muscles and nerves, in harmony, rather they act to each other.
- For instance, the endocrine become irregular and the the nervous system decrease extent that a disease w
- Yoga aims at bringing diff functions into perfect coord

Techniques in Yoga

There are various techniques used in practice such as:

- Asana → Pranayama → Mudra → B.
- Meditation practices.

Standing Asan :

- 1) Kati Chakra Asan
- 2) Tri-Kona Asan
- 3) Triyak Tada Asan
- 4) Parswasana Asan
- 5) Uthita Hasta Asan Kona
- 6) Shirsha Padanga ~~Asana~~ sthasana
- 7) Parshvakonasana
- 8) Pada Hasta Asan
- 9) Tada Asan

Balancing Asan : Ekapada Pawa, Mukta

- 1) Dandayamana Asan
- 2) Ardha Nataraja Asan
- 3) Ekapada Pranayama Asan
- 4) Vrksasana
- 5) Garuda Asan

Breathing Exercises → Pranayama

What is Pranayama?

Pranayama is generally defined as brea

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- Ayama is defined as extension / expansion
 - Pranayama means extension / expansion of the dimension of prana.

Four Aspects of Pranayama

- Pooraka
- Rechaka
- Antar Kumbha and Bahir Kumbha
- Kumbhaka

"Regularisation of the incoming and outgoing flow of breath [which is normally zigzag] is called 'Pranayama'."

Benefits:

- 1) Increases Lungs Volume i.e. respiratory capacity.
- 2) Oxygen level increases in blood and thus nutrition transportation increases.
- 3) Strengthens respiratory muscles and thus leads to correction in posture.
- 4) Concentrated breathing in pranayama means needs more energy. So more calories burn than as in normal breathing and extra fat is reduced from all over the body.
- 5) Makes body stronger and healthier.
- 6) Helps to remove various respiratory disease i.e. deep yogic breathing can ease asthma.
- 7) Indirectly improves all the systems in the body.

Nadi Sodhan Pranayama

- 1) Sit comfortably with your spine erect and shoulders relaxed.
- 2) Place the tip of the index finger and middle finger of the right hand in between the eyebrows, the ring finger and little finger on the left nostril, and the thumb on the right nostril.
- 3) Press your thumb down on the right nostril and breathe out gently through the left nostril.
- 4) Now breathe in and out from the left nostril.
- 5) Removing the right thumb from the right nostril, breathe in and out from the right.

Benefits

- 1) Best for purification of blood and Respiratory System.
- 2) Deepest breathing improves the blood w oxygen.
- 3) It gives strength to respiratory organ.
- 4) Balance the working of Nervous System.

Anulom Vilom Pranayama

- Sit comfortably with your spine erect, shoulder relaxed.
- Place the tip of the index finger and middle finger of the right hand in between the eyebrows, the ring finger and the little finger on the left nostril and thumb on the right nostril.
- Press your thumb down on the right nostril and breathe out gently through the left nostril.
- Now breathe in from left nostril and press the left nostril gently with ring finger and little finger.
- Removing the right thumb from the right nostril, breathe out.
- Breathe in from the right nostril, exhale from the left.

Benefits

- Helps to cure mental problems like Depression, Anxiety, Tension, etc.
- Most beneficial for breathing related problems like Bronchitis, Asthma.

Bhramari Pranayama

- Sit on padmasana or any sitting asana
- Close your eyes and breathe easily.
- Now close your ear lids or flap with your thumbs.
- Place your index finger just above your eyebrows and rest your fingers over your eyes with your middle fingers.
- Applying very gentle pressure to both the sides of your nose.
- Now concentrate your mind on the area between your eyebrows.
- Keep your mouth closed, breathe out slowly through your nose with making a humming sound of OM.
- This is the method to achieve the concentration of mind.
- Relieves mind from stress and tension and makes you feel happy.

Benefits

- This is the best method to achieve concentration of mind.
- It opens the blockage and gives a feeling of happiness of mind and brain.
- Beneficial in relieving from hypertension.
- It relaxes the mind and lowers stress.
- Helps in relieving High Blood Pressure and Heart Problems.

Bhastrika Pranayama

- Sit on padmasana or any sitting asana
- Take a deep breathe in (inhale), filling the stomach with air.
- And then exhale with hissing sound.

Benefits

- It improves blood circulation
- Keeps away the heart related problems
- Provides relaxation to body and mind
- Improves your concentration
- Helps in increasing digestion
- Cures obesity and arthritis
- Relieves stress, depression & hypertension

SITTING ASAN

- 1) Vajrasana
- 2) Bhujangasana
- 3) Ardha Kurmasana
- 4) Ushtrasana
- 5) Kurmasana
- 6) Ekapada Janu Sirsasana
- 7) Paschimottasana
- 8) Gomukhasana
- 9) Ardha Matsyendrasana
- 10) Padmasana
- 11) Paribhasana
- 12) Yoganudhasana
- 13) Utthitapadmasana
- 14) Siddhasana
- 15) Sukhasana
- 16) Bhadrasana

Benefits

- Increases the oxygen content in the blood.
- It removes blockages in the nose and throat.
- It activates nerves in the brain and increases blood circulation in the brain.
- Decrease sinus related problems.
- Decreases stress, hypertension.
- Useful for good memory.

MUDRA IN YOGA

What is Mudra?

- It is used to signify a gesture, a mystic position of the hands, a seal, even a symbol.
- There are eye positions, body posture and breathing techniques that are called "mudras".
- In Hatha Yoga, there are 25 mudras.
- Include eye and body positions (asana) and locks (bandhas).

Chin Mudra (Gesture of Consciousness)

- Place the tip of the thumb on your index finger tip and extend your other fingers.

Surya Bheda Pranayama

- Sit comfortably in Padmasana or Siddhasana.
- Keep your head and spine erect with eyes closed.
- Now breathe in (inhale) slowly and deep and fill your lungs.
- Then exhale through your lungs.
- Lungs should be compressed while exhaling.

Benefits

- Cures all diseases that are caused by insufficiency of oxygen in the blood.
- Cleans the frontal sinuses.
- Beneficial in fits related problems.
- It destroys intestinal problems.
- Boost the Appetite.
- It is the best breathing exercise for cold and cough, Asthama or other respiratory problems.

Kapalbhati Pranayam

- Sit comfortably in Padmasana or Siddhasana.
- Keep your head and spine erect with eyes closed.
- Now breathe in (inhale) rapidly and exhale quickly through the forehead.
- Only nose and forehead will be involved.