

Introduction to Yoga.

Honorable PM said, "Yoga is an invaluable gift of ancient India Tradition, It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature and a holistic approach to health and well-being."

In its resolution, the UNGA recognized that Yoga provides a holistic approach to health and well being. Yoga also brings harmony in all walks of life and thus, is known for disease prevention, health promotion and management of many lifestyle related disorders.

Salient features of Yoga.

1. Yoga is essentially Spiritual.
2. Yoga is a Darshana (Philosophy)
3. Yoga is a Subtle Science.
4. Yogic Practices are mind Centric.
5. Yoga is an art of healthy living.
6. Yoga brings harmony in all walks of life.

Introduction to Yoga

~~Yoga word~~ The word 'Yoga' is derived from the Sanskrit root "Yuj", meaning 'to join' or 'to yoke' or 'to unite'.

⇒ Atma + Paramatma + A journey from microcosm to macrocosm

Definitions of Yoga

Samatva Yoga Uchyate + Yoga is harmony.

Yogah Chitta Vritti Nirodhan + Yoga is the ~~essen~~ cessation of mental modifications.

Yoga As I Understand

Complete cessation of all kinds of sufferings and its root cause, ignorance, is called moksha, Kaivalya, liberation or freedom.

7 The spiritual discipline, which leads such a freedom is Yoga.

History and Development of Yoga

- ⇒ Yoga in Pre vedic Periods.
- ⇒ Vedas and Upanishads.
- ⇒ The Buddha Yoga (Arya Ashtangaic Marg) or Buddhism.
- ⇒ Saptanga Yoga of Jainism.
- ⇒ Smritis and Puranas.
- ⇒ The epics Ramayana & Mahabharata.
- ⇒ Bhagwat Gita the quintessence of Mahabharata.
- ⇒ Shad-Darshanas, Yoga Sutra of Patanjali.
- ⇒ Vedantic Schools - Shankar, Rishabhdev, Madhava and Ramanuja.
- ⇒ Tantra - Yoga.
- ⇒ Nathi Cult.
- ⇒ Hatha Yoga Traditions.
- ⇒ Yoga in Medieval Times, Bhakti Yoga, Yoga in Suffism.
- ⇒ Yoga in Modern times and Contemporary times.

Traditions of Yoga.

- I. Vedantic Tradition (Prasthanatrayee)
- II. Bhakti Yoga.
- III. Jnana Yoga

iv) Karma Yoga

v) Dhyana Yoga.

Sankhya-Yoga Tradition.

Patanjala Yoga.

Tantrika Tradition.

Kundalini Yoga.

Hatha Yoga.

Non-Vedika Tradition.

Jama Yoga

Bouddha Yoga

Introduction to Yoga.

⇒ Though Yoga has been practiced from the Pre-vedic period, the greatest sage Maharshi Patanjali systematized and codified the then existing Yogic practices, its meaning and its related related knowledge in his text

Yoga Sutra.

⇒ Patanjali's Yoga Sutra laid down the Philosophy, principles and practices of Yoga that are being followed till date.

Patanjali's eight limbs path of Self-Transcendence.

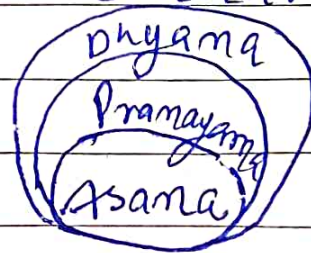
- i) Yamas - Restraints
- ii) Niyama - Observance
- iii) Asana - Postures
- iv) Pranayama - Breathing Regulation
- v) ~~Pratyahara~~ Pratyahara - Withdrawal of Senses
- vi) Dharana - Concentration
- vii) Dhyana - Meditation
- viii) Samadhi - Self-realization.

Yoga Practices of Health and Wellbeing.

Pre-requisite conditions to all kinds of Yoga Sadhana.



Yama and Niyama Yuktahara, Mitahara
Yuktakarman.



How to practice Yoga.

1. Purification - Shodhana.
2. Diet modification - Ahara.
3. Postural modification - Asana.
4. Breathing modification - Pranayama.
5. Relaxation - ~~Vihara~~ Vihara.

6. Concentration - Dharana
7. Meditation - Dhyana
8. Behavioural Modification - Vyavahara

How Yoga Works.

Kriyas (optional) → Asanas, Pranayama and Dhyana

↓
Balance Endocrinal secretions and nervous system.

↓
Increase Mind and Body Coordination

↓
Calm Relax Refresh

↓
Health and Harmony

↓
Reduces stress

↓
Increase metabolism

↓
leads to Positive health & well being

↓
Improve quality of Sleep

↓
Enhance mindfulness (mind body) coordination

Day - 2

Yoga Practical (30 mins)

- Revision of Previous Practices
- Ardha cakrasana.
- Ardha - Ustaraasana
- Shashakasana
- Bhujangasana
- Relaxation.

Health (WHO)

Health is a state of ~~an~~ complete physical, mental and social well-being and not merely the absence of disease or infirmity.

Health (Ayurveda)

सम दोषः समाग्निश्च समधातुमलक्रियः ।
प्रसन्नाग्नेन्द्रियमनाः स्वस्थ इत्यभिधीयते ॥३३॥

The human is described (abhidhiyate) as (iti) healthy (svastha) when the patho-physiologic bio-elements/life forces (dosa, vata, Pitt, kapha) bodily combustion (agni) fundamental constituent (dhatu), excreta (mala) functions (kriya) are in optimum balance (sama) and there is exuberance (prasanna) of self (atma) sensory / action organs indriya (indriya) and mind (manah)

Health (Yoga)

Complete cessation of all kinds of suffering and its or root cause (ignorance), harmony in all walks of life and leads to Total freedom (Moksha) is health.

Wellness

Wellness is a way of living, that seeks to maintain the right balance of all its six dimensions. i.e.

Physical, Emotional, Intellectual, Social, occupational & spiritual.

Yoga Practices for Health & Wellness

1. Ahara — Food
2. Vihara — Yoga Practices
3. Achara — Conduct
4. Vichara — Thinking
5. Vyakhar — Behaviours

MITAHARA (YUKTAHARA)

(Yogic concept of diet)

Susmigdha Madhura hara shcha Chaturthamsh

Vivrajitha

Bhujyate Shiva samprityal Nitta Mitahare
sa uchyate.

- ▷ Quality of food .
- ▷ Quantity of food .
- ▷ State of mind while eating .

Yogic cleaning practices .

- | | |
|----------------|--------------------|
| 1. Jal neti | 2. Sutra neti |
| 3. Kapal bhata | 4. Vastra dhauti . |
| 5. Trataka | |

Loosening Practices

1. Neck movements . i.e. front back, left right and rotation .
 2. Trunk Movements .
 3. Knee Movements .
- Helps to increase microcirculation .

Surya Namaskar .

Those who practice Surya namaskara daily, they gain vitality, power, wisdom brightness and longevity .

Yogasana.

1. Paschimottasana 2. Dhanurasana
3. Bhadrasana 4. Trikonasana
5. Ardha-matsyendrasana 6. Gomukhasana
7. Sarvangasana.

Yogasana brings stability.

Pranayama.

- i. Ujjayi ii. Shitali Shitali iii) Nadi Shodhan
- iv. Sitkari v. Bhramari

Pranayam brings lightness.

Bandha the neuro-muscular locks.

1. Jalandhar Bandha
2. Uddiyana Bandha.
3. Tribandha.

Bandhas block the prana in particular areas and redirect the flow flow of prana into Sushumna nadi thus results in spiritual awakening.

Mudras

- i) Yoga Mudra ii) Kalai Mudra.
iii) Viparītakarmā Mudra, iv) Simhamudra
v) Sammukhi Mudra.

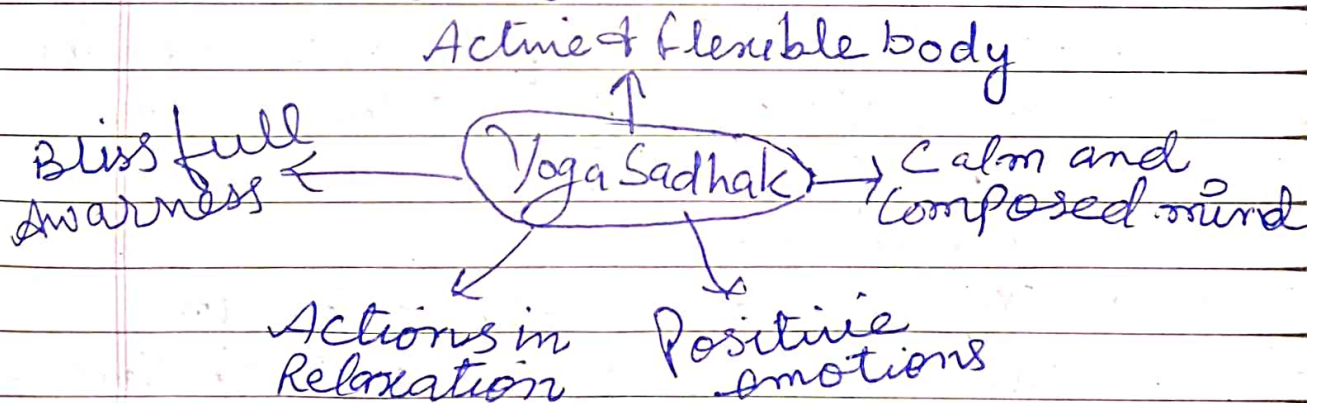
Mudras brings steadiness.

Dhyanam (Meditation)

- i) Sukhasana ii) Padmasana (Iyanamudra)
iii) Siddhasana iv) Vajrasana
v) Padmasana (Dhyan mudra)

sustained concentration on the object of concentration is dhyanam.

Salient features of healthy individuals.



Day-3-

Date _____

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Yoga Practical (30 mins)

- Revision of Previous Practices.
- Pawanmuktasana.
- Shavasana.
- Yogic Deep Breathing.
- Anulom-vilom Pranayam.

Guidelines

Before the Practice:-

- Saucha means cleanliness - an important prerequisite for yoga practice. It includes cleanliness of surroundings, environment, body and mind.
- Santosh - Yoga practice should be performed in a calm and quiet atmosphere with a relaxed body and mind.
- Yoga practice should be done on an empty stomach or light stomach. Consume small amount of honey in lukewarm water if you feel weak. It prevents indigestion, laziness and enlargement of the abdomen.

cavity.

- Bladder and bowels should be empty before starting Yogic Practices, because retention of urine leads irritation in bladder.
- A mattress, Yoga mat, durrie or folded blanket should be used for the practice to maintain hygiene.
- Light and comfortable cotton clothes are preferred to facilitate easy movement of the body to increase evaporation of heat from body during practice.
- In case chronic disease / Pain / Cardiac problems, conditions like pregnancy and menstruation, practitioners should consult a physical physician / Yoga expert / Yoga therapist before starting yoga practices.

During Practices

- Practice session should start with a prayer or an invocation as it creates a conducive environment to relax the mind and increase concentration.

- Do not hold the body tight or give undue jerks to the body.
- Do not hold the breath unless it is specially mentioned to do so during the practice.

Breathe normally, through nostrils unless it is instructed.

- Yogic practices shall be performed slowly, in a relaxed manner, with coordination of the body, breath & mind.
- Yoga session should end with meditation / deep silence / sankalpa / shanti patha etc to balance parasympathetic and sympathetic system.

(After Practice)

- Bath may be taken only after 10-20 minutes of Yoga practice. It balances the body heat. During practices body heat increases.
- Food may be consumed only after 20 minutes of Yoga practice after normalization of body blood circulation.

of body.

(Day - 4).

Introduction to Common Yoga Protocol (CYP) The make and the Practice.

- ▷ While addressing the 69th session of United Nations General Assembly (UNGA) on September 27, 2014, the Honorable Prime Minister of India urged the world community to adopt an International Day of Yoga.
- ▷ December 11, 2014, the 193 member-UNGA approved the proposal by consensus with a record 177 co-sponsoring countries a resolution to establish 21 June as "International Day of Yoga".
- ▷ In its resolution, the UNGA recognised that Yoga provides a holistic approach to health and well-being and wider dissemination of information about the benefits of practicing Yoga for the health of the world population.

Date _____
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The 'Common Yoga Protocol' for international Day of Yoga celebration prepared by the committee of yoga experts in consultation with eminent scholars and heads of the leading yoga institutions of India for the common people with larger benefits.

Prayer.
Padmasana, Vajrasana, Ardha-Padmasana.

Loosening Practices -

- ⇒ Shoulder movements
- ⇒ Knee movements
- ⇒ Neck movements
- ⇒ Trunk movements

These practices help to facilitate free movements.

Standing Asana.

- i) Tadasana ii) Trikonasana
- iii) Virasana iv) Ardha-Chakrasana
- v) Padhashtasana. helps to maintain body alignment & balance.

Sitting Posture.

Bhadrasana, Vakrasana,
Ardhaushtrasana, Shashaleasana
Uttanamandukasana. helps to
strengthen lumbo-sacral region.

Prone Postures.

Makarasana, Shalabhasana,
Bhujangasana helps to strengthen
pelvic region and improves lungs
capacity.

Supine Postures

Uttanapadasana, Ardha halasana
Setu bandhasana, Shavasana, Pawanmuktasana. helps to
strengthen abdominal organs.

Cleansing Practices.

Nasalbhakti helps to cleanse the
frontal sinuses.

Pranayam.

Nadi Shodhan Pranayam, Sitali Pranayam
Bhramari Pranayam. improves lungs
capacity.

Dhayan

helps to keep mind calm and
quiet.

Sankalp / Shantipath
Vasudhaiva Kutumbakam.