



## BASIC GUIDELINES FOR A BENEFICIAL YOGA PRACTICE & HEALTHY LIFESTYLE

- Whilst practicing asanas, always proceed slowly & steadily. The idea of competition & comparison should be completely absent. Learn to honour the physical limitations of your body & gradually work toward discovering new boundaries.
- The principle of Pleasant Bearable Pain may be kept in mind whilst performing the practices. The practices should not cause you unbearable pain, in which case you should discontinue that particular practice.
- Ideally, the heart beat should be at its regular pace & the breath slow & steady.
- The bowels, bladder & stomach should be empty or very light whilst performing the practices. The practices, if not performed on an empty stomach, should be undertaken about 2 hours after a light meal & 4 hours after a full one. Food may be consumed a half hour after practice.
- A light, moderate, well-balanced diet (Mit-aahaar) is advised by the scriptures. It is indicated to fill the stomach  $\frac{1}{2}$  with solid food,  $\frac{1}{4}$ <sup>th</sup> with liquid & leaving the remaining  $\frac{1}{4}$ <sup>th</sup> free for movement of gases.
- Be conscious of sedentary lifestyle. Even whilst at work, stand up, stretch & walk around often. Maintain good posture at all times.
- Practice deep breathing at regular intervals throughout the day