



Yoga

Brief Description of Yoga Practices

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A. What is Yoga?

Yoga is a spiritual discipline based on an extremely subtle science that focuses on bringing harmony between mind and body. It is an art and science for healthy living. The word "Yoga" is derived from the Sanskrit root *yuj* meaning "to join", "to yoke" or "to unite".

B. Why Yoga?

Yoga is essentially a path to liberation from all bondage. However, medical research in recent years has uncovered many physical and mental benefits Yoga offers, corroborating the experiences of millions of practitioners. A small sampling of research shows that:

1. Yoga is beneficial for physical fitness, musculoskeletal functioning and cardiovascular health.
2. It is beneficial in the management of diabetes, respiratory disorders, hypertension, hypotension and many lifestyle-related disorders.
3. Yoga helps to reduce depression, fatigue, anxiety disorders and stress.
4. Yoga regulates menopausal symptoms.
5. In essence, Yoga is a process of creating a body and mind that are stepping-stones, not hurdles, to an exuberant and fulfilling life.

C. Elements of Yoga Practice:

Sl. No.	Elements	Purpose
01	Yogaasanas	Physical Fitness
02	Pranayama	Breath control
03	Meditation	Cleansing mind
04	Mudra	Balance of 5 Elements
05	Kriyas	Cleansing of Body
06	Bandas	Holding prana at specific body point

D. Components of a Yoga Session:

1. Warm-up
2. Core
3. Relaxation

E. Determinants of Wellbeing:

1. Exercise
2. Food
3. Lifestyle
4. State of Mind

F. General Guidelines for Yoga Practice:

1. Cleanliness - an important prerequisite for Yogic practice. It includes cleanliness of surroundings, body and mind.
2. Yogic practice should be performed in a calm and quiet atmosphere with a relaxed body and mind.
3. Yogic practice should be done on an empty stomach or light stomach. Consume small amount of honey in lukewarm water if you feel weak.
4. Bladder and bowels should be empty before starting Yogic practices.
5. Mattress, Yoga mat *or* folded blanket should be used for the practice.
6. Light and comfortable cotton clothes are preferred to facilitate easy movement of the body.

F. General Guidelines for Yoga Practice:

7. Yoga should not be performed in state of exhaustion, illness, in a hurry or in acute stress conditions.

8. In case of chronic disease/ pain/ cardiac problems, a physician or a Yoga therapist should be consulted prior to performing Yogic practices.

9. Yoga experts should be consulted before doing Yogic practices during pregnancy and menstruation.

F. General Guidelines for Yoga Practice:

10. Practice sessions should start with a prayer or invocation as it creates a conducive environment to relax the mind.

11. Yogic practices shall be performed slowly, in a relaxed manner, with awareness of the body and breath.

12. Do Not hold the breath unless it is specially mentioned to do so during the practice.

13. Breathing should be always through the nostrils unless instructed otherwise.

14. Do not hold body tightly, or jerk the body at any point of time.

F. General Guidelines for Yoga Practice:

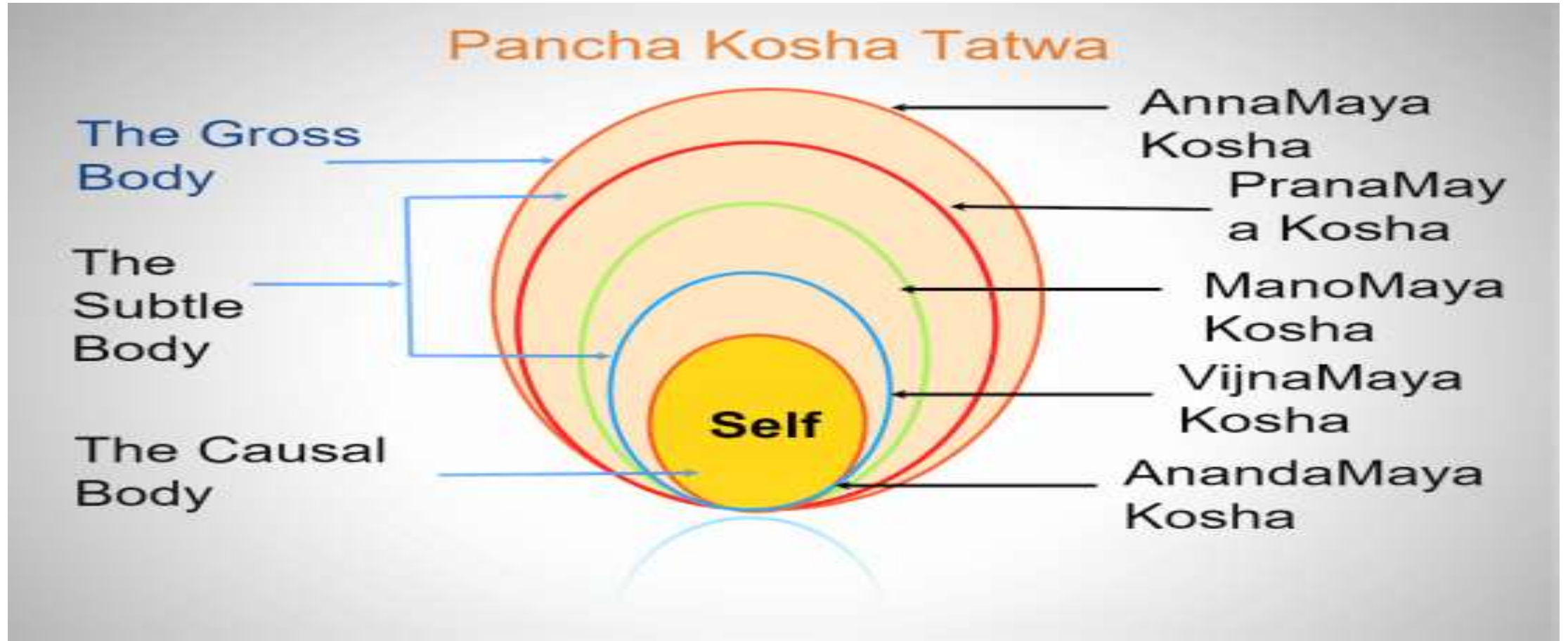
15. Perform the practices according to your own capacity.

16. It takes some time to get good results, so persistent and regular practice is very essential.

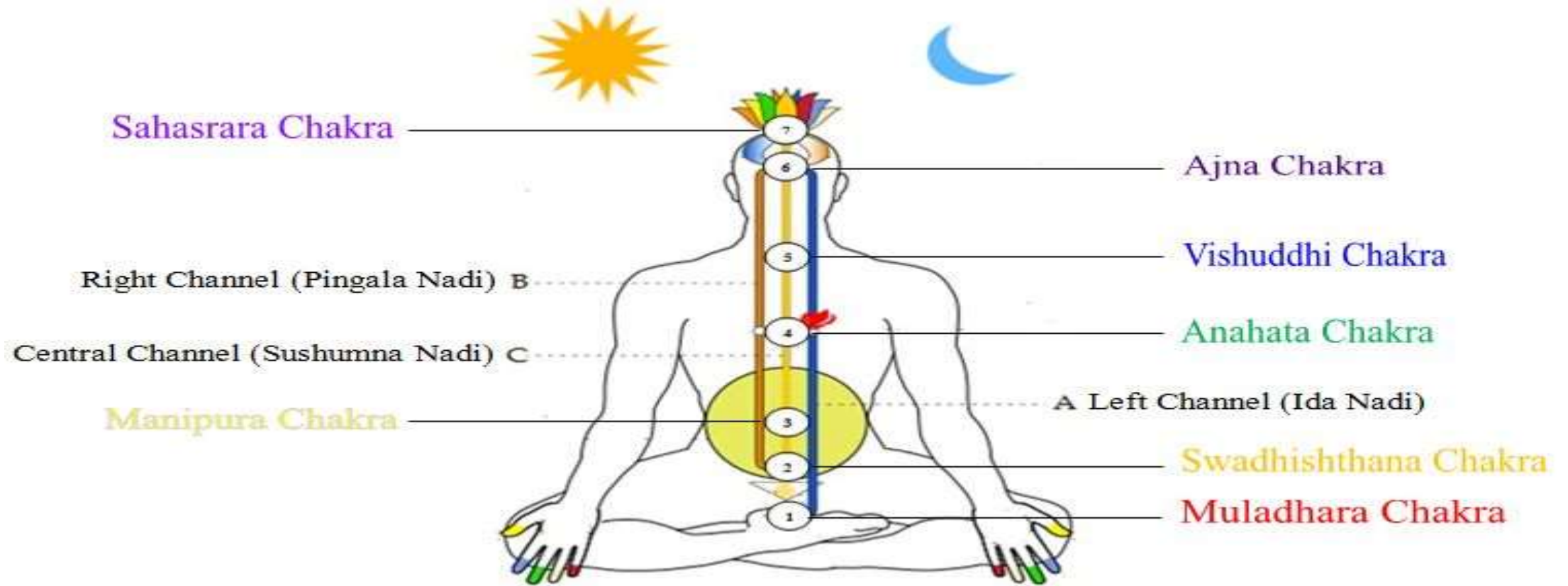
17. There are contra-indications/ limitations for each Yoga practice and such contra-indications should always be kept in mind.

18. Yoga session should end with meditation/ deep silence

G. Layers of Existence – Pancha Kosha Theory:



H. Chakras and Nadies:



Thank You