

# Appendix

This document contains information of what each of the screens and buttons in “Mythic Yoga Flow” application represents.

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## **Movement**

In this section you can see performing different poses from the current class.

## **Myth**

In each class you can find Myth section, where you can learn all important information and the myth of that class.

## **Mudra**

Mudra is a symbolic or ritual gesture in Hinduism and Buddhism.

In yoga, mudras are used in conjunction with pranayama (yogic breathing exercises), generally while seated

in Padmasana, Sukhasana or Vajrasana pose, to stimulate different parts of the body involved with breathing and to affect the flow of prana in the body.

## **Pranayama**

Prāṇāyāma is a Sanskrit word alternatively translated as "extension of the *prāṇa* (breath or life force)" or "breath control." The word is composed from two Sanskrit words: *prana* meaning life force (noted particularly as the breath), and either *ayama* (to restrain or control the prana, implying a set of breathing techniques where the breath is intentionally altered in order to produce specific results) or the negative form *ayāma*, meaning to extend or draw out (as in extension of the life force). It is a yogic discipline with origins in ancient India.

## **Mantra**

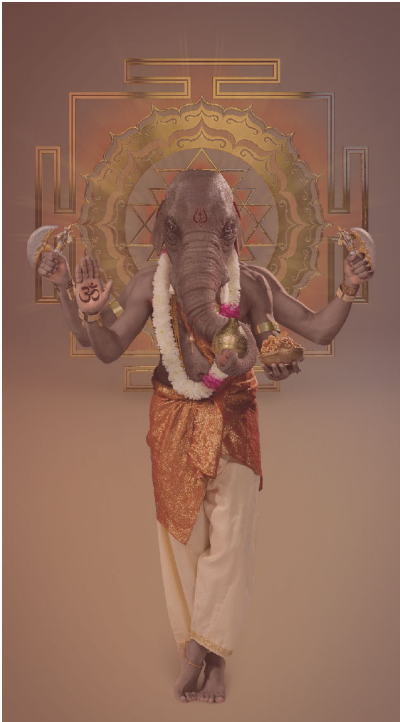
Mantra yoga is a type of yoga that uses mantras to awaken the Self and deepen the meditative aspects of a physical yoga practice. Mantra yoga is an exact science that is meant to engage the mind through focusing on sound, duration and number of repetitions. Repetition of the mantras is a means to get closer to the divinity within, and it creates positive vibrations that benefit both the one who chants and the one who listens.

Mantra yoga may also be referred to as Japa yoga. *Japa* is a Sanskrit word for the act of repeating mantras.

## **Teaching tip**

Here are explained in details how to perform correct the exercises of certain class.

# Ganesha



Ganesha is a very popular god of Hindus. Hindu tradition states that Ganesha is a god of wisdom, success and good luck. He is also giver of different types of favours. The Hindu tradition calls Ganesha as the Vighneshvara. "Vighneshvara" in Sanskrit language means one who is the lord of obstacles or difficulties. Thus, the Hindu tradition states that by worshipping Ganesha, one can remove all obstacle and difficulties.

# Lakshmi



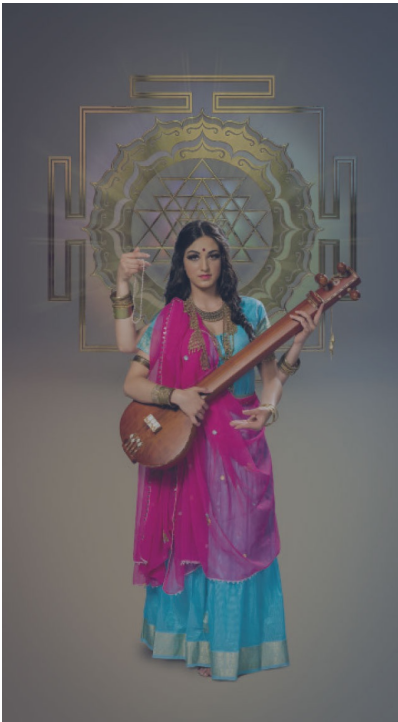
Lakshmi is the goddess of money, wisdom and good luck in Hinduism. She is the wife of the Hindu god Vishnu. Most Hindus pray to her on Diwali, which is a festival in India.

Lakshmi has four arms, fair skin and sits on a lotus flower and is normally surrounded by elephants. She is covered in jewellery.

She also has several avatars (means a god coming to the earth in the form of a human being or in any other form) who are usually married to Vishnu's avatars:

- Sita, wife of Rama
- Radha, the lover, and Rukmini, the first wife and queen of Krishna

## Saraswati



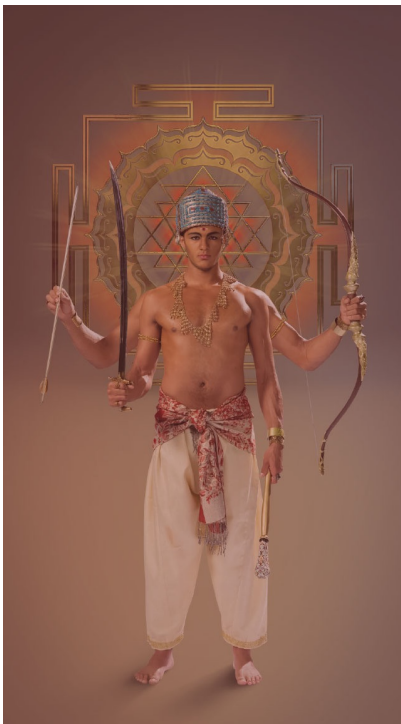
Saraswati is one of the Hindu goddesses. The Vedas also mention her name. She is the goddess of speech, learning and knowledge. The legend states that she created the Sanskrit language and invented the vina, a musical instrument similar to a lute. The legend also says that she is the wife of Brahma, one of the gods of the Hindus.

## Agni



The Sanskrit word Agni means "fire". In the early Vedic literature, Agni primarily connotes the fire as a god, one reflecting the primordial powers to consume, transform and convey. Yet the term is also used with the meaning of a Mahabhuta(constitutive substance), one of five that the earliest Vedic thinkers believed to constitute material existence, and that later Vedic thinkers such as Kanada and Kapila expanded widely, namely Akasha (ether, space), Vayu (air), Ap (water), Prithvi (earth) and Agni (fire).

## Virabhadra



Veerabhadra or Virabhadra (Veerabhadra), also known as Veerabathira, Veerabathiran, Veeraputhiran is a fearsome form of the Hindu god Shiva. He was created by the wrath of Shiva and destroyed the Yagna (fire sacrifice) of Daksha, after Daksha's daughter and Shiva's consort Sati self-immolated in the sacrificial fire. He is described as a warrior who eventually blinded Bhaga, subdued Indra and broke, among many other countless gods, Pushan's teeth. Other gods fled the battlefield unable to sustain his power.

## Durga



Durga, also known as Devi, Shakti and by numerous other names, is a principal and popular form of Hindu goddess. She is the warrior goddess, whose mythology centres around combating evils and demonic forces that threaten peace, prosperity and dharma of the good. She is the fierce form of the protective mother goddess, willing to unleash her anger against wrong, violence for liberation and destruction to empower creation.

Durga is depicted in the Hindu pantheon as a fearless woman riding a lion or tiger, with many arms each carrying a weapon, often defeating the mythical buffalo demon. She appears in Indian texts as the wife of god Shiva, as another form of Parvati or mother goddess.

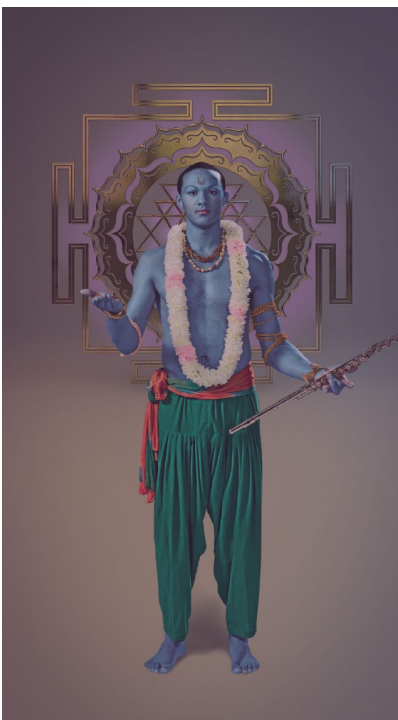


## Shiva-Shakti



Shiva is one of the principal deities of Hinduism. He is the Supreme Being within Shaivism, one of the major traditions within contemporary Hinduism. Shiva is the "destroyer and transformer" within the Trimurti, the Hindu trinity that includes Brahma and Vishnu. In Shaivism tradition, Shiva is the Supreme being who creates, protects and transforms the universe. In the goddess tradition of Hinduism called Shaktism, the goddess is described as supreme, yet Shiva is revered along with Vishnu and Brahma. A goddess is stated to be the energy and creative power (Shakti) of each, with Parvati the equal complementary partner of Shiva. He is one of the five equivalent deities in Panchayatana puja of the Smarta tradition of Hinduism.

## Krishna



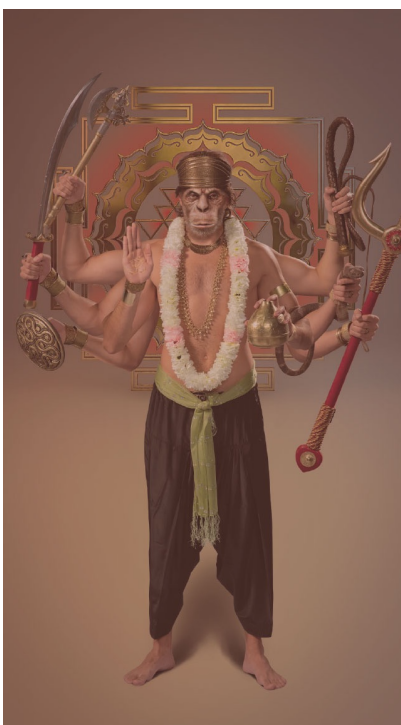
Krishna is a major deity in Hinduism. He is the eighth avatar of the god Vishnu and is also worshipped as the supreme God in his own right. He is the god of compassion, tenderness, and love in Hinduism and is one of the most popular and widely revered among Indian divinities. Krishna's birthday is celebrated every year by Hindus on Janmashtami according to the lunisolar Hindu calendar, which falls in late August or early September of the Gregorian calendar. The name "Krishna" originates from the Sanskrit word *Kṛṣṇa*, which is primarily an adjective meaning "black", "dark", or "dark blue". The name is also interpreted sometimes as "all-attractive".

# Nataraja



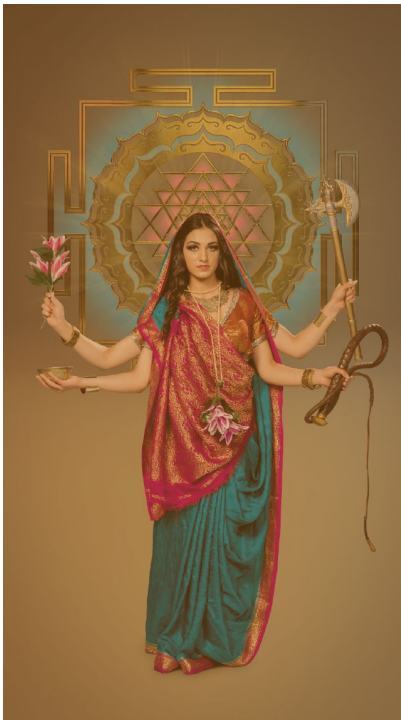
Nataraja is a depiction of the Hindu god Shiva as the cosmic ecstatic dancer. His dance is called Tandavam or Nadanta, depending on the context of the dance. The pose and artwork is described in many Hindu texts such as the Anshumadbhed agama and Uttarakamika agama, the dance relief or idol featured in all major Hindu temples of Shaivism. The classical form of the depiction appears in stone reliefs, as at the Ellora Caves and the Badami Caves, by around the 6th-century. Around the 10th century, it emerged in Tamil Nadu in its mature. The Nataraja reliefs have been identified in historic artwork from many parts of South Asia, in southeast Asia such as in Bali and Cambodia, and in central Asia.

# Hanuman



Hanuman is the son of Anjana and Kesari and is also son of the wind-god Pawan, who according to several stories, played a role in his birth. The meaning or the origin of word "Hanuman" is unclear. In the Hindu pantheon, deities typically have many synonymous names, each based on the noble characteristic or attribute or reminder of that deity's mythical deed. Hanuman too has many names, but most are rarely used. His most popular and well known name is "Hanuman". One interpretation of the term is that it means "one having a jaw (hanu) that is prominent (mant)". This version is supported by a Puranic legend wherein baby Hanuman mistakes the sun for a fruit, attempts to heroically reach it, is wounded and gets a disfigured jaw.

# Gayatri



**Gayatri** is the feminine form of *gāyatra*, a [Sanskrit](#) word for a song or a hymn, having a [Vedic](#) meter of three *padas*, or lines, of eight syllables. In particular, it refers to the [Gayatri Mantra](#) and the Goddess Gāyatrī as that [mantra](#) personified.

According to the myth, one day Brahma was to perform his sacrifices to gods. But to do so it was important for Brahma to be married. His consort's presence was indispensable to complete the ceremonies. Brahma asked the priest to fetch him any woman and wed him to her at the spot. Nearby was found a very lovely girl mostly seen near the Mt. [Kailash](#) Manasarovar region during that time. In reality, she was no other person than this Vedic hymn of Gayatri incarnated in the shape of that

beautiful girl. Brahma immediately married that girl and kept her as his wife.

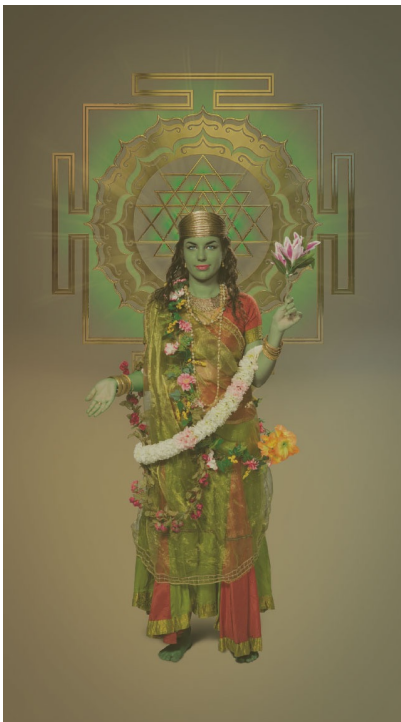
# Kali



Kālī also known as Kālikā is a Hindu goddess. Kali is one of the ten Mahavidyas, a list which combines Sakta and Buddhist goddesses. Kali's earliest appearance is that of a destroyer of evil forces. She is the goddess of one of the four subcategories of the Kulamārga, a category of tantric Saivism. Over time, she has been worshipped by devotional movements and tantric sects variously as the Divine Mother, Mother of the Universe, Adi Shakti, or Adi Parashakti. Shakta Hindu and Tantric sects additionally worship her as the ultimate reality or Brahman. She is also seen as divine protector and the one who bestows moksha, or liberation. Kali is often portrayed standing or dancing on her consort, the Hindu god Shiva, who lies calm and prostrate beneath her.



## Green Tara



**Tara** or **Ārya Tārā**, also known as **Jetsun Dölma** in [Tibetan Buddhism](#), is a female [Bodhisattva](#) in [Mahayana](#) Buddhism who appears as a female [Buddha](#) in [Vajrayana](#) Buddhism. She is known as the "mother of liberation", and represents the virtues of success in work and achievements. Tara is a [tantric meditation deity](#) whose practice is used by practitioners of the Tibetan branch of [Vajrayana](#) Buddhism to develop certain inner qualities and understand outer, inner and secret teachings about [compassion](#) and [emptiness](#). *Tara* is actually the generic name for a set of [Buddhas](#) or [bodhisattvas](#) of similar aspect.

## Buddha



Gautama Buddha (c. 563 BCE/480 BCE – c. 483 BCE/400 BCE), also known as Siddhārtha Gautama , Shakyamuni Buddha or simply the Buddha, after the title of Buddha, was an ascetic (śramaṇa) and sage, on whose teachings Buddhism was founded. He is believed to have lived and taught mostly in the eastern part of ancient India sometime between the sixth and fourth centuries BCE.

Gautama taught a Middle Way between sensual indulgence and the severe asceticism found in the śramaṇa movement common in his region. He later taught throughout other regions of eastern India such as Magadha and Kosala.

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