

A photograph of a woman with dark hair tied back, smiling, wearing an orange t-shirt and grey pants. She is standing in a lush green forest. A white speech bubble graphic is overlaid on the image, containing the text.

SATVIC MOVEMENT
**21-DAY
YOGA
CHALLENGE**
SELF PRACTICE GUIDE

A letter of gratitude for you...



Dearest Satvic Yoga Family,

I am overjoyed that all of you have successfully completed 21 days of regular yoga practice. It takes a lot of commitment and willpower to show up every single morning for 3 weeks to take care of your health! And you have done it! I'm so proud of you and I'm also extremely grateful that you trusted us with your health, body and mind.

The love with which you participated each day, shared your comments in the chat box

during the sessions and shared your enthusiasm with the group has truly made this workshop successful. Your energy made the workshop what it was, a festival, a celebration of Yoga!

You have our deepest gratitude for sharing your lovely videos on the Facebook group; for putting in so much effort to make each video special. We often wonder what we have done to receive such positive energy and love from you. God has been very kind to each one of us in bringing us together. The community has come together so beautifully to support each other and we truly believe that this bond is for life!

Please continue your practice every single day. The most important thing to remember is consistency in practice. And that would be my guru dakshina!

Love and light,

Rafaela

DINCHARIYA

WAKE UP

Gratitude prayer

YOGA PRACTICE

10 Surya Namaskars
Pranayama
A-U-M Chanting

BREAKFAST

Detox Juice 15 minutes after practicing Yoga
Fruits for Breakfast (Keep a 1-2 hour gap after detox juice)

LUNCH

Grain meal with **three times** more vegetables
Eat mindfully, without any distractions. Do not overeat
Take 30 minutes of rest after your meal

DHYANA

Spend 1 hour doing an activity that helps you get into a state of **flow**. This could be any hobby or a second Yogasana practice from the self practice manual. You can also do Trataka Dhyana

DINNER

Soup or salad with a bowl of sprouts. Those with active lifestyles and no diseases can have a second grain meal

TIME TO SLEEP

Reflect on your day and assess if you were able to follow the principles of **Yama** and **Niyama**. In case any corrections are needed, be mindful the next day. Switch off all gadgets including phones, routers, etc. 1 hour before bed

Summary of 8 limbs of Ashtanga Yoga Philosophy

1. Yamas (Social Discipline)

- Ahimsa - Non-Violence towards self and others in thought, words and deeds
- Satya - Always live and speak your own truth
- Asteya - Do not steal or take what is not freely given. Also do not exploit others
- Brahmacharya - Use your energy wisely by doing everything in moderation
- Aparigraha - Do not hoard. Have only as much as you need and follow minimalism

2. Niyamas (Self Discipline)

- Shauch - Keep your body, emotions and thoughts pure
- Santosh - Being grateful and content for what we have and who we are
- Tapas - Using will power to overcome the laziness of the mind. Stepping out of comfort zone
- Svadhyaya - Self study through self awareness and the study of spiritual texts
- Ishwara Pranidhana - Surrendering the fruits of our actions to a higher power & devotion

3. Asanas (Body Discipline)

Allowing stretches to remove built-up toxins in the body. Stretching improves flexibility in the body and the mind. Asanas build strength and endurance

4. Pranayama (Breath Discipline)

Inhalation and exhalation with retention. Optimises the use of oxygen within the body, calms the mind and slows down the ageing process

5. Pratyahara (Sense Discipline)

Bringing the senses under control to avoid day-to-day distractions. Once the senses are turned inwards, one can prepare for the next stage

6. Dharana (Aim Discipline)

Focus and concentration to tame the monkey mind. We can attain this by working towards a goal with one-pointed focus. Focus can be on a mantra, idol or point in the beginning

7. Dhyana (Meditation Discipline)

A state of few or no thoughts. We can attain this by engaging in activities that take us into 'the flow' state. This is where time stops and one experiences peace

8. Samadhi (Bliss)

A state of Sat-Chitt-Ananda, truth-consciousness-bliss. This is where one transcends the mind and feels a sense of one-ness with the universe

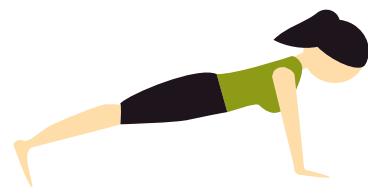
Daily Yoga Poses



Samisthithi



Uttanasana



Phalakasana



Adho Mukha Svanasana



Veerbhadrasana 1



Adho Mukha Svanasana



Veerbhadrasana 2



Veerbhadrasana 3



Uttkatasana



Bhujangasana



Bidalasana



Bitilasana



Ustrasana



Setubandhasana



Catur Svanasana



Salabhasana

Full Body Poses



Eka Pada
Padangusthasana



Trikonasana



Vrikshasana



Utthita ashwa
sanchalanasana



Parsvakonasana



Utthita
Parsvakonasana



Urdhva
Virabhadrasana



Parivrtta
Anjaneyasana



Garudasana



Prasarita
Padottanasana



Paschimottanasana



Marichhasana C



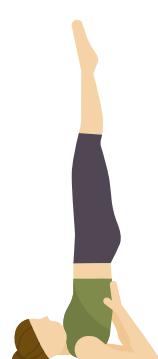
Malasana



Baddhakonasana



Eka Pada
Rajakapotasana



Sarvangasana

Poses for repair



Parivrtta Sukhasana

Upavishtakonasana

Marichhasana A

Shasankasana



Gomukhasana

Janushirshasana

Balasana

Salambh
Bhujangasana



Uttana Shishosana

Bharmanasana

Utthan Pristhasana

Urdhva Mukha
Pasasana



Supta
Matsyendrasana



Supta Baddha
Konasana



Supta
padangushtasana

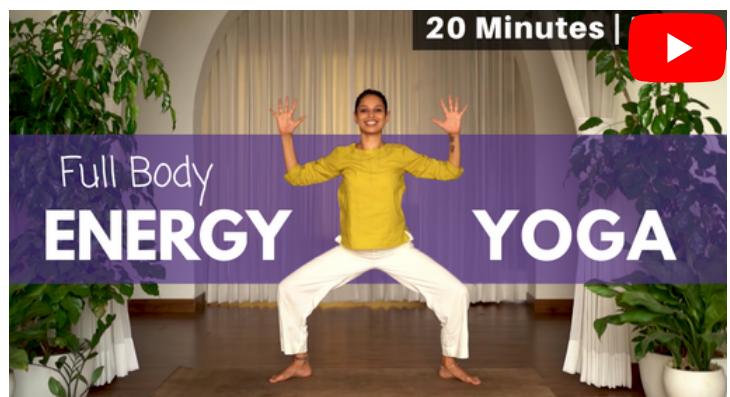


Anand Balasana

Videos for self practice



Videos for self practice



Healthy Habits

1. Start your mornings with detox juice
Any green juice or coconut water



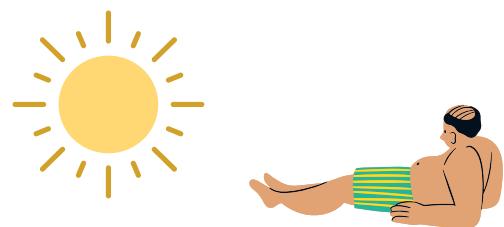
2. Practice 16 hours fasting everyday.
Eat your meal within 8 hour window



3. Have raw for breakfast. You can have fruits, smoothies, nuts & seeds and sprouts



4. Sunlight is also food for us. Sunbathe for 30 minutes everyday. Wear minimal clothes & expose maximum surface area of the skin to direct sunlight.



5. Eat grains with 2-3 times more vegetables.
Every meal should be 70% water rich

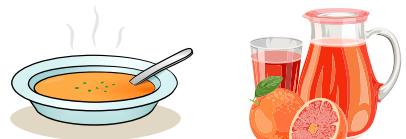


6. Practice Mindful Eating - Do not overeat, eat only when you feel true hunger, eat without distractions.



Healthy Habits

7. Do full day fasting once a week or every fortnight. You can stay on soups, juices, fruits or salads. Break your fast the next day.



8. No stimulants. Avoid drinking tea and coffee as far as possible. Choose herbal tea



9. No processed foods. Avoid canned, tinned, packaged, bottled, frozen foods.



10. Ditch the whites - Avoid fragmented foods like white sugar, white flour & white rice



11. Declutter your surroundings and your own body, mind and heart. Keep only what you need



12. Engage in activities that take you into 'flow state' everyday. This is your Dhyana



Daily Chants

Shri Vakratunda Mahakaya Surya Koti Sama Prabha
Nirvighnam Kuru Me Deva Sarva Karyesu Sarvada

"We salute our Supreme Lord, Ganesha, who has a curved trunk and whose radiance is equal to a million suns. May you bless all our endeavors and remove all obstacles from our path."



'Sarvamangala mangalye Shive! Sarvartha Sadhike Sharanye Tryambake Gouri! Narayani!
Namostu Te!'

We bow to you O Devi Narayani. You are auspicious for everyone, you bring happiness . You are the one who completes every work for everyone. You are protector of everyone. You are the one with 3 eyes and a beautiful face. We salute you, O Narayani.



Om Bhur Bhuvah Śwāḥ Tat-savitur Vareṇyam Bhargo Devasya Dheemahi Dhiyo Yonah
Prachodayāt

We meditate on that most adored Supreme Lord, the creator, whose divine light illuminates all realms (physical, mental and spiritual). May this divine light illuminate our intellect.



karpūragauram karuṇāvatāram; sansārsāram bhujagendrahāram | sadāvasanta hṛdayāravinde
bhavaṁ bhavānīsahitam namāmi || O Shiva, You are Pure White like Camphor, You an
Incarnation of Compassion, You are the Essence of Worldly Existence, Your Garland is the King
of Serpents, You are always Dwelling inside the Lotus of the Heart, I Bow to Shiva and Shakti
together. Har Har Mahadev



asato mā sadgamaya; tamasomā jyotir gamaya; mrityormāamritam gamaya;
Om śhānti śhānti śhāntih

From ignorance, lead me to truth; From darkness, lead me to light; From death, lead me to
immortality

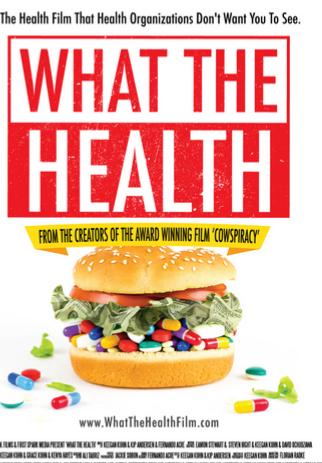
Om peace, peace, peace

Additional Resources

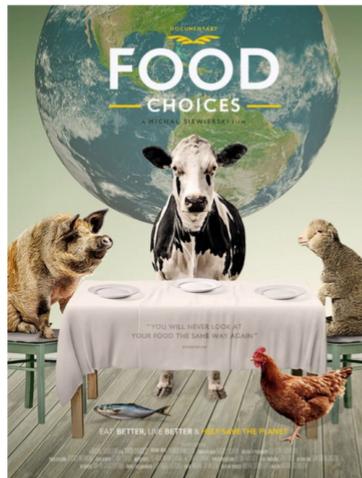
Movies to watch



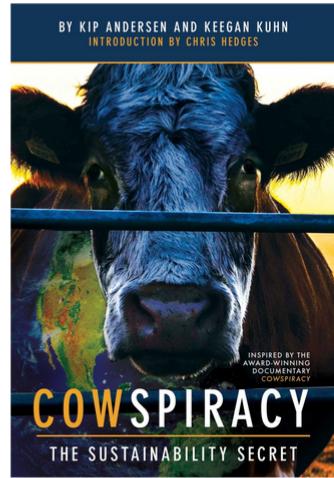
The Game Changers



What the Health

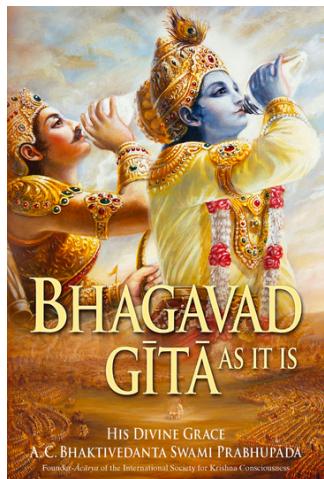


Food choices

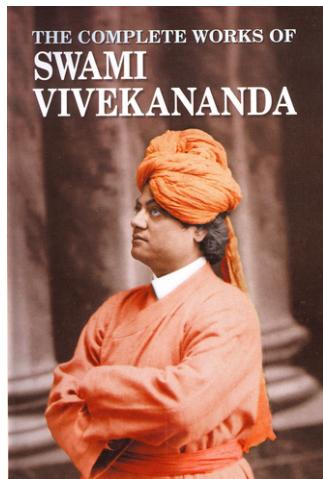


Cowspiracy

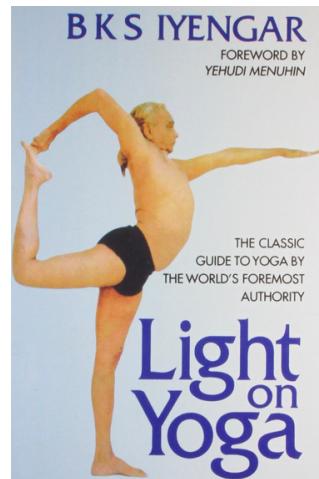
Books to read



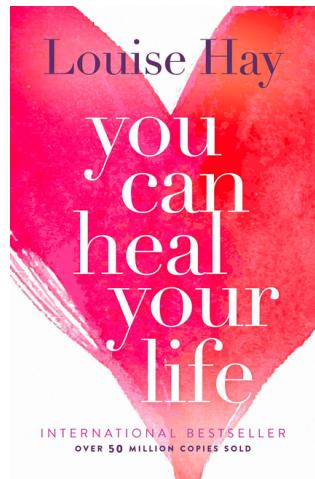
Bhagavad Gita As It Is
ISKCON



The complete works
of Swami Vivekananda



Light on Yoga
BKS Iyengar



You can Heal your life
Louise Hay

Kirtan Playlist

Click on the icon to access the playlist



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Learn how to balance the body using
the 5 elements & practice
Panchamahabhuta Suryanamaskar



Start Date

13th, Feb 2023



Timings

06:30 to 8 AM (IST)



Language

English



Level

Intermediate

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