

THE ART AND SCIENCE OF YOGA (WORKSHOP COURSE)

Individual Assignment

Part-1

Describe how you'll implement the knowledge from Patanjali Yog Sutras to manage your mind.

I follow an abrupt life style and am likely to do so as a working professional as well. With the hustle and bustle, it becomes very important to schedule some time to center myself on a daily basis. The life style is detrimental not only for mental well being but also strains an individual physically. Yog, when practiced in its true sense unites mind and body and ensures a steady state of being for both.

As the course progressed, practicing Yog helped me be mindful of my body. The asanas, pranayamas and meditation allowed me to feel the energy coursing through my body and rejuvenated me by the end of the session. It made me realize the importance of breathing during not just Yog but also exercising.

I also believe that knowledge of Patanjali Yog Sutras is not just limited to time one practices Yog but it inculcates to other aspects of life as well. Lets take Asanas for instance, one has to put in effort to get into a position and then ensure that they are relaxed, similar logic can be applied to other aspects of life. One must put in effort to reach for their goals and then sit for a while, relax and get satisfied about their position and eventually start putting in effort again.

I believe that these Sutras can help an individual find inner peace.

Part-2

Design a practice sequence including pranayamas, asanas, and meditation learned during the workshop. Share how you'll follow this yoga practice in your routine and how it might benefit you.

Provided the desk job scenario and a cramped lifestyle that we are all likely to face in coming future, it is very important to maintain cardiovascular health. I am someone who likes to start my day feeling fresh and energized. I find Surya Namskar to be one of the best ways to do so. It covers all exercises for almost all body parts. But before going into Surya Namaskar I would like to start with some Pranayams like Yogic Breathing, Bhramri Pranayam, Anulom Vilom and Bhastrika Pranayam. I will practice two of these a day. I will practice Yogic Breathing daily as it helps me center my mind and couple it with one of the other three pranayamas. Post this I would move to some strches and sookshma vyayam and then conclude it with as many sets of Surya Nmaskar as I can comfortably perform or have time for. I will end my routine with a 5 minutes meditation session.

I want to start my day with the routine mentioned above, therefore I will follow the routine early in the morning around 7:30 AM. I would like to add a daily 20-30 mins run before these sessions. I believe the pranayamas will energise me at the beginning of the day while also helping me center my mind. The sookshma vyayam will ensure that all body parts are open and stretched on a daily basis. The Surya Namaskar is a routine in itself and covers well being of cardio-vascular health very well. Therefore, I believe this would be a good and doable routine to follow in the morning before the hustle for the day starts.

Since we look at screen for long durations of time and I often struggle with coping with my screen time, I will incorporate some eye exercises too in my daily schedule. I will probably do this sometime in the day instead of adding to the morning routine.

Part-3

Exhibit - Click and share your picture of performing the asanas, pranayama included in the sequence designed by you.

Here are photos of me performing the pranayamas and asanas in approximate order that I plan to follow.

Pranayamas:



Yogic Breathing



Bhramari Pranayam



Anulom Vilom



Bhastrika Pranayam

Sookshma Vyayam:





Surya Namaskar:



