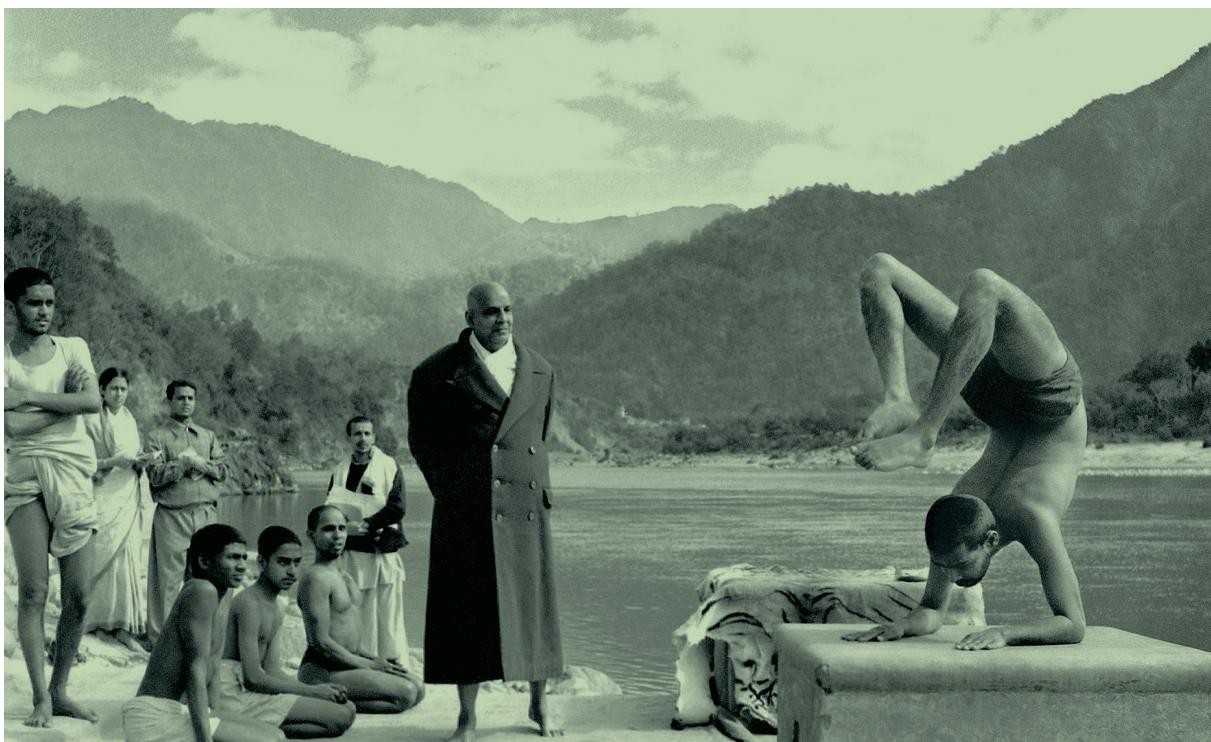


Continuing the Practice at Home



Remember that regularity is the most important aspect of your Sadhana to continue your practice at home. It is recommended to plan a daily routine that includes all the different Yogas. Below you will find some suggestions.

To keep track and follow your resolutions, we strongly encourage you to use a spiritual diary, you can find an example in your TTC manual.

Practice a balanced routine, which includes daily meditation, Pranayama, Asanas and study.

1. Meditation

- Japa meditation (15 min-60 min)



"Regular meditation opens the avenues of intuitional knowledge, makes the mind calm and steady, awakens an ecstatic feeling, and brings the Yogic student in contact with the source of Supreme Purusha (Supreme Spirit)."

Swami Sivananda, Bliss Divine

2. Pranayama

- Kapalabhati (3 rounds, maximum 120 pumping and 2 minutes retentions)
- Anuloma Viloma (10-20 rounds, maximum ratio 8-32-16)

"The regulation of the harmonized breath helps the Yogi with the regulation and steadiness of the mind."

Swami Vishnudevananda, CIBY



3. Asanas

- 45-60 min. Follow the classical sequence and if you want to add variations ensure you practice them in the right slot. For instance if you want to practice forward bend variations do them instead or after Pashimotanasana.

"Asanas keep the muscles supple and the spine elastic, develop mental faculties and lung capacity, strengthen the internal organs, and bestows longevity."

Swami Sivananda, Bliss Divine



4. Swadhyaya - Study

- Study daily a few verses from the Bhagavad Gita
- Study systematically books written by Swami Sivananda and Swami Vishnudevananda.
- You can find many of Swami Sivananda's books and articles for free on the Divine Life Society website: www.dlshq.org/download

"Swadhyaya inspires and elevates the mind to high spiritual altitude. It clears doubts. It weeds out unholy ideas. It cuts new spiritual grooves for the mind to move on."

Swami Sivananda, Bliss Divine

5. Satsang - Keeping the company of the wise or other spiritual seekers

- Join us for online Satsangs offered twice daily

"As Satsanga is the only safe boat to take you to the shore of Bliss or Moksha, you should all try as best as is in your power to never miss it."

Swami Sivananda, Bliss Divine

6. Online courses

- Continue to elevate your mind by attending a wide variety of online courses.
- Most are offered as a weekly class and therefore easy to commit.

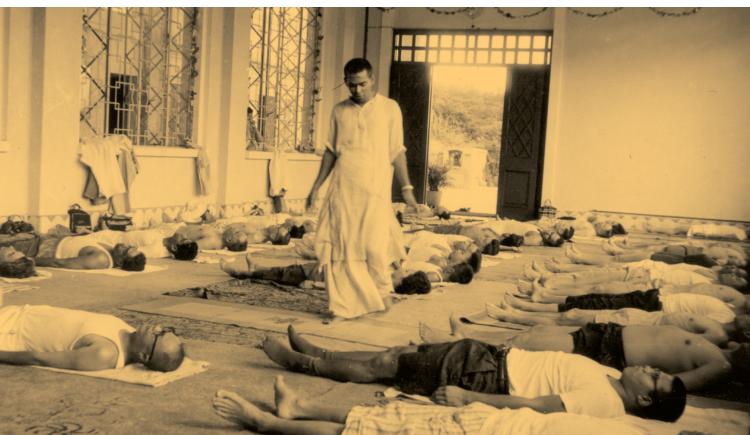
7. Karma Yoga - Selfless service of humanity



- Always look for ways to serve your fellow human beings.
- This can be as simple as comforting the afflicted, feeding the hungry, nursing the sick and cheering up those who are sorrowful.
- There's an opportunity to serve at every corner.
- Another way to offer services is by doing Karma Yoga with us at the Ashram. Even while functioning on the online platform, there are many opportunities for volunteering. By assisting the Ashram, one is staying connected to the lineage and to the Yogic teachings.
- For details please contact us at nassau@sivananda.org

"Hold your life for the service of others. The more the energy you spend in elevating and serving others, the more the divine energy which will flow to you."

Swami Sivananda, Bliss Divine



8. Start Teaching

- As Yoga teachers you can help shine light in people's life by teaching them Yoga or sharing with them the wisdom of Yogic philosophy.
- Start by teaching your friends and family, then slowly branching out to the wider community allowing your circle to grow and mature.



9. Onsite courses and visit to the Ashram

- 9 day TTC module
- Advanced Teacher Training Course
- Visiting the Ashram is a wonderful way to recharge the Spiritual battery as well as to rejuvenate the body and mind.
- It's a way of connecting with the Yogic community and to help make one's own practice deeper and stronger.

“Yoga is the art of right living. The Yogi who has learned the art of right living is happy, harmonious, and peaceful. He is free from tension”

Swami Sivananda

May you all shine as dynamic Yogins!