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# Free Yoga Sadhana

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@ Temple Park,  
Matrusri Nagar

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**Shri Chennupati . Akka Rao Garu**

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# YOGA

What is yoga? Yoga is not a magic rope trick. It is not a merely set of "ASANAS" or "PRANAYAMA" or "MEDITATION", but it is a "Science of Holistic" living consisting of holistic value system featured by health and wealth, bliss and poise, harmony and efficiency. Getting benefits from yoga while doing eyes close and observe your breath.

# Pradhana

Om Shanti

Sitting comfortable position of "Sukhamanya Asanam" or "Vajrasanam", Eyes Clouse, Back straight & Neck straight. Observe your breathing few seconds. Let us start prayer with join of "Manasu" and "Sariramu". First Shri Ganesh Vandana.

- "Vakratunda Mahakaaya, Suryakoti Samaprabha,  
Nirvighnam Kuru Mey Deva, Sarva Kaaryeshu Sarvada".
- "Om Gam Ganapataye Namaha", "Om Gam Ganapataye  
Namaha", "Om Gam Ganapataye Namaha".
- "Om Tryambakam Yajamahe Sugandhim Pushtivardhanam  
Sugandhim Pushtivardhanam: Urvārukamīva  
Bandhanānmṛtyormukṣīya mā'mṛtāt".
- "Om Bhur Bhuvah Svaha Tat Savitur Varenyam Bhargo  
Devasya Dhimahi Dhiyo yo Nah Prachodayat".
- "Om sahanaa vavatu Sahanau bhunaktu. Saha veeryam  
karavaa vahaí. Tejāsvi naa vadhee tamastu maa vidvishaa  
vahaí.
- Om Shaanti Shaanti Shaantihi".

# Kapalbhati Pranayam



## 1st Type:

- First sit on comfortable position the Padmasana, Sukhamayaasana or vajrasanam.
- Close your eyes and keep the spine or back straight & neck straight.
- Now take a deep breath (inhale deeply) through your both nostrils until your lungs are full with air. Now Exhale through both nostrils forcefully, so your stomach will go deep inside. As you exhale you feel some pressure in your stomach. While the process of exhaling there is a hissing sound, at this point try to think that your disorders are coming out of your nose.
- Three rounds must do this pranayama, 1<sup>st</sup> round 60-70 counts, 2<sup>nd</sup> round 70-80 counts and 3<sup>rd</sup> round 80-100 counts, or continuous 6 minutes slow round with 380 to 420 counts.
- After completion of each round relaxation technique is must as mentioned end of this pranayama.

## 2<sup>nd</sup> Type:

- First sit on comfortable position the Padmasana, Sukhamayaasana or vajrasanam.
- Close your eyes and keep the spine or back straight & neck straight.
- Now take a deep breath (inhale deeply) through your both nostrils until your lungs are full with air. Now Exhale through both nostrils forcefully, so your stomach will go deep inside. As you exhale you feel some pressure

in your stomach. While the process of exhaling there is a hissing sound, at this point try to think that your disorders are coming out of your nose.

- First round claps at heart, Breath out and stomach in continuous 80 strokes.
- Second round claps at eyes, Breath out and stomach in continuous 80 strokes.
- Third round claps at top of head, Breath out and stomach in continuous 80 strokes.
- After completion of each round relaxation technique is must as mentioned end of this pranayama.

### 3<sup>rd</sup> Type:

- First sit on comfortable position the Padmasana, Sukhamayaasana or vajrasanam.
- Close your eyes and keep the spine or back straight & neck straight.
- Now take a deep breath (inhale deeply) through your both nostrils until your lungs are full with air. Now Exhale through both nostrils forcefully, so your stomach will go deep inside. As you exhale you feel some pressure in your stomach. While the process of exhaling there is a hissing sound, at this point try to think that your disorders are coming out of your nose.
- First round hold stomach with both hands and do breath out and stomach in continuous 80 strokes.
- Second round press thumb at upper chest and hands parallel to earth and do breath out and stomach in continuous 80 strokes.
- Third round Namaskar at top of head and do breath out and stomach in continuous 80 strokes.
- After completion of each round relaxation technique is must as mentioned end of this pranayama.

#### 4<sup>th</sup> Type:

- Standing on toes position.
- Rise hands on top of head with Namaskar position close your eyes and keep the spine or back straight & neck straight.
- Now take a deep breath (inhale deeply) through your both nostrils until your lungs are full with air. Now Exhale through both nostrils forcefully, so your stomach will go deep inside. As you exhale you feel some pressure in your stomach. While the process of exhaling there is a hissing sound, at this point try to think that your disorders are coming out of your nose.
- First round 60 stocks on same position as mentioned above. After completion of this round bend forward L-position and breath out with mouth with loud sound.
- Second round 80 stocks on same position as mentioned above. After completion of this round bend forward L-position and breath out with mouth with loud sound.
- Third round 100 stocks on same position as mentioned above. After completion of this round bend forward L-position and breath out with mouth with loud sound.
- After completion of each round relaxation relaxation technique is must as mentioned end of this pranayama.

#### 5<sup>th</sup> Type:

- Standing on foot position.
- Rise hands on top of head with Namaskar position, close your eyes and keep the spine or back straight & neck straight.
- Now take a deep breath (inhale deeply) through your both nostrils until your lungs are full with air. Now Exhale through both nostrils forcefully, so your stomach will go deep inside. As you exhale you feel some pressure in your stomach. While the process of exhaling there is a hissing sound, at this point try to think that your disorders are coming out of your nose.



- First round 60 stocks on same position as mentioned above. After completion of this round bend forward 30° Degrees, hand on ties, chin up, eyes close and don't apply pressure on ties.
- Second round 80 stocks on same position as mentioned above. After completion of this round bend forward 60° Degrees, hand on ties, chin up, eyes close and don't apply pressure on ties.
- Third round 100 stocks on same position as mentioned above. After completion of this round bend forward L-position or 90° Degrees, hand on knees, chin up, eyes close and don't apply pressure on ties.
- After completion of each round relaxation technique is must as mentioned end of this pranayama.

#### 6<sup>th</sup> Type:

- First sit on comfortable position the Padmasana, Sukhamayaasana or vajrasanam.
- Close your eyes and keep the spine or back straight & neck straight.
- Now take a deep breath (inhale deeply) through your both nostrils until your lungs are full with air. Now Exhale through both nostrils forcefully, so your stomach will go deep inside. As you exhale you feel some pressure in your stomach. While the process of exhaling there is a hissing sound, at this point try to think that your disorders are coming out of your nose.
- First round close right nostril and do breath out and stomach in continuous 80 strokes.
- Second round close left nostril and do breath out and stomach in continuous 80 strokes.
- Third round close alter nostrils and do breath out and stomach in continuous 80 strokes
- Fourth round do breath out from both nostril and stomach in continuous 80 strokes.
- After completion of each round relaxation technique is must as mentioned end of this pranayama.

### 7<sup>th</sup> Type:

- First sit on comfortable position the Padmasana, Sukhamayaasana or vajrasanam.
- Close your eyes and keep the spine or back straight & neck straight.
- Now take a deep breath (inhale deeply) through your both nostrils until your lungs are full with air. Now Exhale through both nostrils forcefully, so your stomach will go deep inside. As you exhale you feel some pressure in your stomach. While the process of exhaling there is a hissing sound, at this point try to think that your disorders are coming out of your nose.
- Right thumb put on end of spinal cord, do 20 strokes of Breath out and stomach in. After completion observe breath, Muladhara chakra activated, now static energy is converted to Kinetic energy. Muladhara chakra works on enthusiasm and consciousness of the body. Energy is transferred to next chakra.
- Left thumb put on back of genital region, do 20 strokes of breath out and stomach in, After completion observe breath, Svadhishtana chakra is activated. Svadhishtana chakra work on sex and creativity. While sex improve decrease creativity. Energy is transferred to next chakra.
- Right thumb put on back of navel, do 20 strokes of breath out and stomach in, After completion observe breath, Manipura chakra is activated. Manipura chakra work on joy, generosity, freedom and behind greed and jealous. Energy is transferred to next chakra.
- Left thumb put on heart, do 20 strokes of breath out and stomach in, After completion observe breath, Anahata chakra is activated. Anahata chakra work on Fear, Love and behind heartedness. Energy is transferred to next chakra.
- Both index fingers put on back of neck, do 20 strokes of breath out and stomach in, After completion observe breath. Vishuddha chakra is activated. Vishuddha chakra work on gratefulness and grief. Energy is transferred to next chakra.

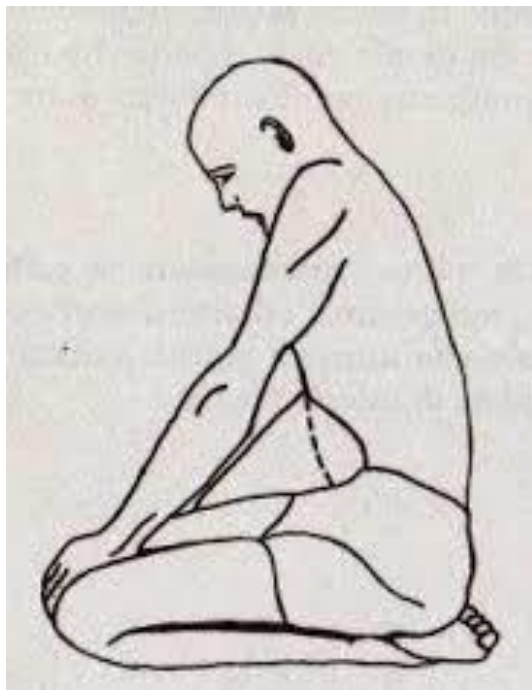
- Both index fingers put on fore head, do 20 stokes of breath out and stomach in, After completion observer breath. Ajna chakra is activated. Ajna chakra work on anger, alertness and knowledge. Energy is transferred to next chakra.
- Both palms put on top of head, do 20 stokes of breath out and stomach in, After completion observer breath. Sahasrarachakra is activated. Sahasrarachakra work complete blissful.
- After completion relaxation technique is must as mentioned end of this pranayama.

### Relaxation Technique of Kapalhati Pranayama:

- After completion of 1<sup>st</sup> round, Palms on lap, Observe a beautiful sensation is going on body by closing eyes. Back straight and neck straight. Observe breathing a while.
- After completion of 2<sup>nd</sup> round, Palms on lap, Heartbeat comes to normal, Always relax body, Central nerve system is activated and Mustishka mandala is activated. Observe a beautiful sensation by closing eyes. Back straight and neck straight.
- After completion of 3<sup>rd</sup> round, Palms on lap, Eyes close, back straight and neck straight. Energy circle is formed from toes to head, No disease can't enter this circle if any disease available in this circle is thorough out. Gentle smile on your face. Always relax body.

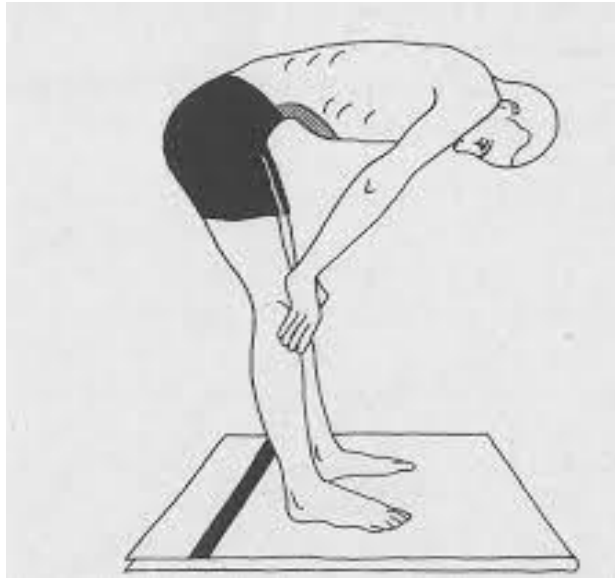
# Agnisar Kriya Pranayam

1<sup>st</sup> Type:



- First sit on comfortable position vajrasanam.
- Close your eyes and keep the spine or back straight & neck straight.
- Breath in and breath out.
- Anus closing and opening 10 times.
- 11<sup>th</sup> time Anus close.
- 10 Stomach strokes.
- Breath out with mouth with chu sound until complete empty stomach.
- Relax a while and again repeat same procedure until 7 rounds. After completion observe sensation of body.

2<sup>nd</sup> Type:



- Standing position.
- Bend lower back like L-position and hands on knees.
- Close eyes, chin up.
- Breath in and breath out
- Anus closing
- 10 Stomach strokes
- Breath out with mouth with chu sound until complete empty stomach.
- Relax a while and again repeat same procedure until 3 rounds.

Both pranayama is more effective for digest system. No gas problem and Piles complaint.

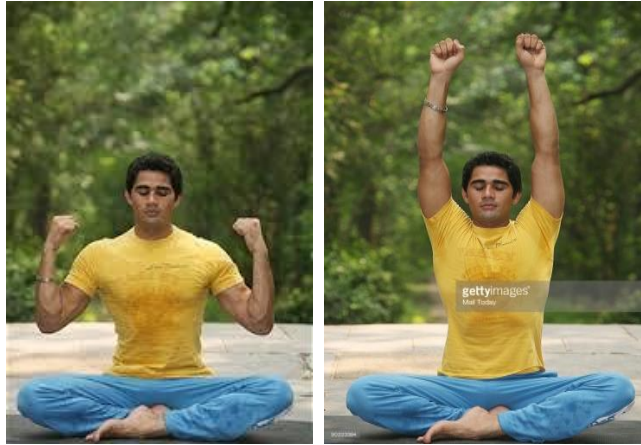
# Negative Thoughts & Feelings

## Releasing Technique

- Standing position, Face to **East direction**, Adopt Namakar Mudra,
  - Close eyes, chin up, Breath in and breath out.
  - Breath In with Omkar , Bow down.
  - Keep aware of attachments and entanglement emotions far & far once you complete standing position.
  - Next standing position and keep eyes close and turn right
- 
- Adopt Namakar Mudra in front of **South direction**.
  - Breath in and breath out.
  - Breath In with Omkar , Bow down.
  - Keep aware of greed and jealousy emotions far & far once you complete standing position.
  - Express your gratitude to , once you complete standing position.
  - Next standing position and keep eyes close and turn right
- 
- Adopt Namakar Mudra in front of **West direction**.
  - Breath in and breath out.
  - Breath In with Omkar , Bow down.
  - Keep aware of Rest and obsession emotions far & far once you complete standing position.
  - Express your gratitude to , once you complete standing position.
  - Next standing position and keep eyes close and turn right
- 
- Adopt Namakar Mudra in front of **North direction**.

- Breath in and breath out.
  - Breath In with Omkar , Bow down.
  - Keep aware of Anger and Eragance emotions far & far once you complete standing position.
  - Express your gratitude to , once you complete standing position.
  - Next standing position and keep eyes close and turn right
- 
- Adopt Namakar Mudra in front of **East direction**.
  - Breath in and breath out.
  - Breath In with Omkar
  - Bow down to mother earth you come from mother earth and go to mother earth another day.
  - Express your gratitude to , once you complete standing position.
  - Again Namakar Mudra in front of **East direction**.
  - Breath in and breath out.
  - Breath In with Omkar
  - Bow down to Sun God, gives solar energy. Without sun we can't leave this planet.
  - Express your gratitude to , once you complete standing position.
  - Next standing position and keep eyes close and turn right and again turn right.
- 
- Adopt Namakar Mudra in front of **West direction**.
  - Breath in and breath out.
  - Breath In with Omkar
  - Bow down to Guru ,Parents, and Sath Gurus of in your life time.
  - Express your gratitude to parents and Guru, once you complete standing position.

# Bhastrika Pranayam



- For Bhastrika Pranayam forceful breath in and forceful breath out. Eyes close, neck straight and back straight. Spin ray.
- Palms hold and close to neck and elbows close to shoulders.
- First take breath in and breath out.
- Breath in hand rise, Breath out normal position. Continue 20 times.
- After that Tribandh Pranayam.
- Inhale head up, exhale anus close, Mool Bhand, Stomech in, Bhrama Mudra, Undiyana Bandh, Jalandhar bandh and head drop down. Hold 10 to 20 seconds.
- Relax Palm on ties. Eyes close, back straight, neck straight. Observe sensation going on from toes to head. Relax a while until heartbeat comes to normal. Continue same three rounds.



# Leg Stretching Exercise

- Toes free right and left 10 times. Join both legs
- Leg moment up and down 10 times.
- Down Hold, A beautiful stretch is going on Ankle joint at cough mussel , Knee joint Khay mussel, and Hip joint at Buttock mussel.
- Up hold, A stretch going on behind knee joint.
- Rotate clockwise direction 10 times
- Anti-clockwise direction 10 times.
- Stretch Right leg hold and un hold 10 times and hold few seconds.
- Stretch Left leg hold and un hold 10 times and hold few seconds.
- Both legs hold and unhold 10 times and hold few seconds
- Right leg side movement.
- Left Leg side movement.
- Toes free, up and down, down hold up hold, only toes up and down 10 times and hold.
- Right Knee up & down 10 times, side movement 10 times, toes massage and press pressure points and stretch leg and hold a wile slowly down.
- Left Knee up & down 10 times, side movement 10 times, toes massage and press pressure points and stretch leg and hold a wile slowly down.
- Relaxing butterfly movement. Head up, eyes close, swing both legs, fast and side movement.
- Relax position chin up and inhale.

# Sítalí-Sítkarí-Sughanth Pranayam

Sítalí:



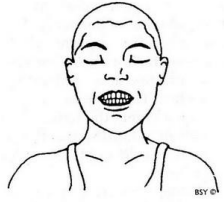
- Sit in a comfortable cross-legged position or in vajrasana.
- Bring the tongue all the way out and roll it in the shape of a tube.
- Inhale through the tube of the tongue and at the end of inhalation.
- Exhale both nostrils. This completes one round.
- Repeat this process for 10 times.

Sítkarí:



- Sit in a comfortable cross-legged position or in vajrasana.
- Bring the tongue all the way out and holding tongue in side mouth.
- Inhale through the tube of the tongue and at the end of inhalation.
- Exhale both nostrils. This completes one round.
- Repeat this process for 10 times.

Sughanth:



- Sit in a comfortable cross-legged position or in vajrasana.
- Bring the tongue all the way out and holding tongue in side mouth.
- Inhale slowly through the gaps in the teeth and focus on the hissing sound of the breath.
- Close the mouth and slowly exhale through the nose.
- Exhale both nostrils. This completes one round.
- Repeat this process for 10 times.

Benefits for this pranayam reduce body heat and cold the body and strength teeth's. While doing in summer season will benefit more result.

# Nadī suddhī Pranayam

It works with surya nadī and chandra nadī, also called antar kubak and Bahakubak.



- Sit and relax in Padmasana or vajrasanam.
- Keep the spine erect and your head and neck straight
- Your eyes should be closed
- Left hand Bhrama Mudra, Right hand Vishnu mudra i.e your fingers stretch and bend your index and your middle fingers and place them on the palm of your hand
- Exhale complete with left nostril while place the thumb on right nostril.
- Begin the exercise Inhale your left side nostril 1,2,3,4, Hold by close with ring finger on left nostril.
- Hold ,2 breathe out with your right nostril 1,2,3,4,5,6 and hold ,2
- Continue to block your left nostril and breathe in using your right nostril 1,2,3,4 hold ,2
- Open your left nostril as you simultaneously cover and block your right nostril Breathe out slowly using the open left nostril.
- This is considered one cycle The breathing should be slow and rhythmic.
- Continue breathing this way by opening and closing left and right nostrils and complete ten cycles to begin with.
- As you advance Start from left nostril and close from left nostril.

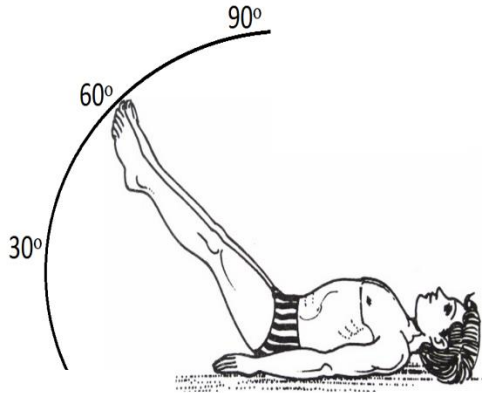
# Ujjayi Pranayam



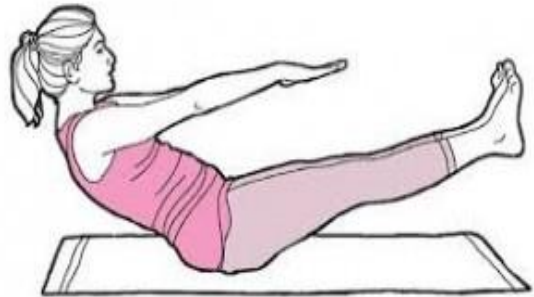
- Sit and relax in Padmasana or Vajrasanam.
- Keep the spine erect and your head and neck straight.
- Your eyes should be closed.
- Start by inhaling - long, slow, deep breaths through both your nostrils.
- Both Hands at stomach and
- Breath in 1,2,3,4, hold breath ,2,3,4 and breath out ,2,3,4,5,6, hold ,2.
- Relax a while
- Both Hands at chest and
- Breath in 1,2,3,4, hold breath ,2,3,4 and breath out ,2,3,4,5,6, hold ,2
- Relax a while
- Both Hands at back of neck and
- Breath in 1,2,3,4, hold breath ,2,3,4 and breath out ,2,3,4,5,6, hold ,2

# Yoga Asanas

Yoga Asanas Sleeping Position:



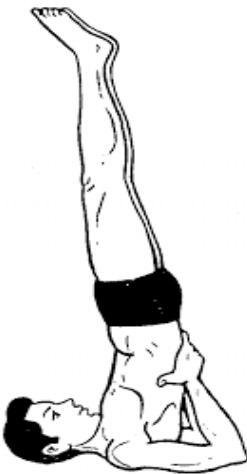
1. Uttanpadasanam



2. Navasanam



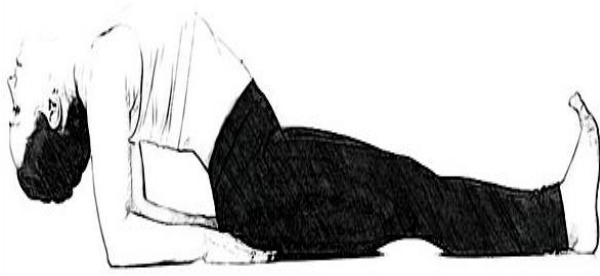
3. Pavana Muktasana



4. Sarvangasanam



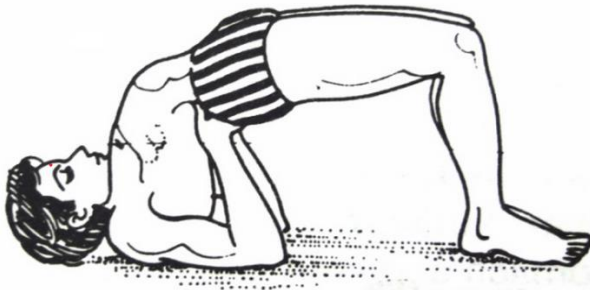
5. Halasanam



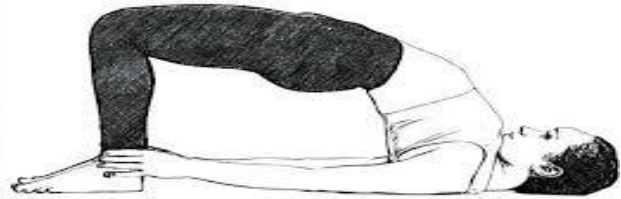
6. Matyasana



7. Paschimottasana



8. Setu Bandhasana



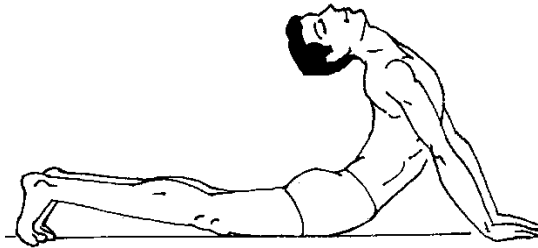
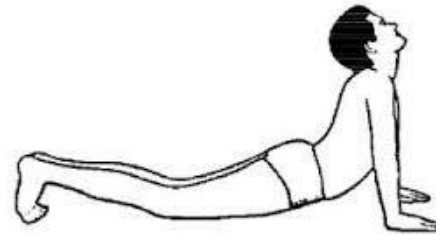
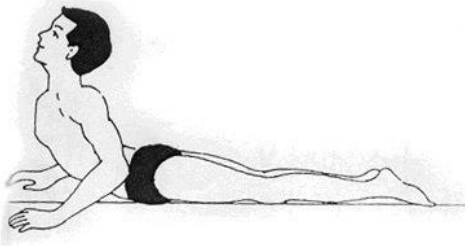
9. Ardha Chakrasana



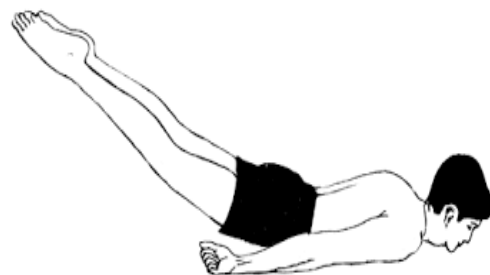
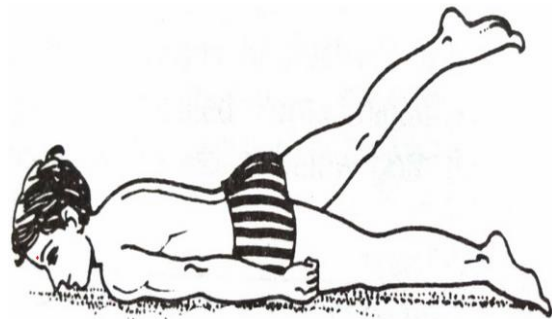
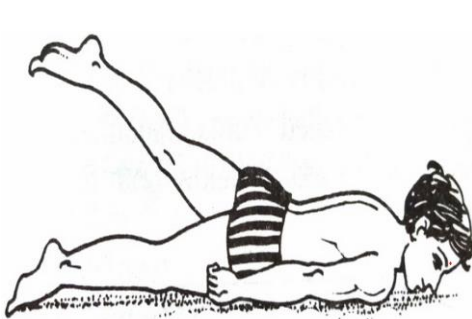
10. Ardha matsyendrasana



Yoga Asanas Reverse Sleeping Position (I.e Body Facing Ground):



1. Bhujang Asanam



2. Salabhasanam



3. Dhanurasanam



4. Marakara Asanam



5. Sasankha Asanam  
Ushtrasana



6. Ardha



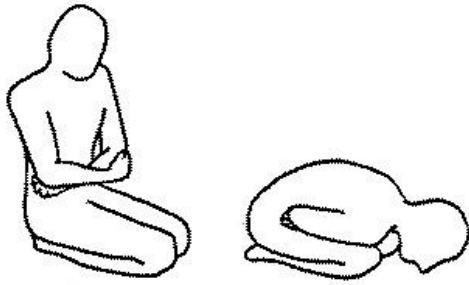
7. Gomukha Asanam



Fingers are locked behind the back.



8. Vakrasanam



9. Manduka Asanam



10. Singh Asanam



11. Ardha Chandrasana

# Yoga Mudras



**Gyana Mudra**



**Shuniya Mudra**



**Surya Mudra**



**Jala Mudra**

## 1. Gyana Mudra

This is perhaps the most used mudra in yoga and is also known as the chin mudra. To do this, bring the tips of the thumb and index finger together, and keep the other three fingers together, lightly stretched. One has accomplished "Active Gyan Mudra". This symbolizes the unity of fire and air as well as the unity of universal and individual consciousness. The Gyana mudra increases concentration, creativity, and is a gesture of knowledge. It is the traditional hand posture in Hindu meditation and evokes

introspection and insight, alleviates anxiety and depression, increases memory, stimulates the endocrine and pituitary glands and the nervous system.

## 2. Shuniya Mudra

Bring the tip of the middle finger and thumb together, uniting the elements of fire and connection. This mudra symbolizes patience and discipline, and helps us generate a feeling of stability. Use this mudra when you feel you need additional strength to follow through with tasks.

## 3. Surya Mudra

Unite the tip of the ring finger and the thumb, and you bring together the elements of fire and earth. This mudra represents energy and health, and it provides us with a feeling of balance. It can also help with bringing positive changes into our lives.

## 4. Jala Mudra

By touching the tips of the little finger and thumb together, you are enhancing intuitive communication. The elements of fire and water are brought together, and this symbolizes communication and openness. It can also help strengthen your intuitive knowledge and stability.

## 5. Prana Mudra



The Prana mudra activates the dormant energy within the body. To do this, place the tips of your thumb, ring finger, and little finger together. This mudra symbolizes the vital energy of prana, and will encourage the flow of this energy, making you feel energized and strong.

#### 6. Dhyana Mudra



This mudra provides calming energy for meditation and is used for deep contemplation and reflection. To do this, place your hands on your lap, left palm under, palms facing up, and the tips of the thumbs touching.

#### 7. Anjali Mudra



Bringing the palms together in front of the heart space symbolizes honor and respect toward yourself and toward the universe. This mudra expresses love and gratitude. Namaste.

# Satyam-Sivam-Sundaram

Satyam : Head and Neck

Sivam : Heart & Lungs

Sundaram : Lower part of Body.

1<sup>st</sup> Start with Sukshma Vyayamam:

- Standing Position.
- Cobra position fingers open and close 10 times.
- Rotate hands clockwise 10 times then anti clock wise 10 times.
- Palm up and down 10 times then right and left 10 times
- Both hands parallel to earth and up and down 10 times.
- Both hands rise and up and down 10 times.
- Up right hand and bend left side like 3 times then opposite up left hand and bend right side like 3 times.
- Both arms fold and unfold 6 times
- Rotate clock wise both shoulder while holding arm 6 times and anticlockwise rotate shoulder 6 times.
- Right hand rotate clockwise direction 6 times and then anti clockwise.
- Left hand rotate clockwise direction 6 times and then anti clockwise.
- Both hands clockwise direction 6 times and then anti clockwise.

Satyam:

- Press right side of head with both palms and observe 10 breathings.
- Press left side of head with both palms and observe 10 breathings.
- Press fore head with both palms and observe 10 breathings.

- Press back of head with both palms and observe 10 breathings.
- Press chin of head with support of both palms and observe 10 breathings.
- Inhale head up and exhale head down like 6 times.
- Inhale see right side then center exhale see left side like 3 times, then reverse inhale see left side then center exhale see right side like 3 times
- Inhale Head drop right side and Exhale head drop left side like 3 times, then reverse inhale head drop left side and exhale head drop right side like 3 times.
- Inhale bend Head back drop ,move left side and Exhale right side like 3 times, then reverse inhale bend head back drop, move right side and exhale left side like 3 times.
- Inhale Head rotate clock wise from right up and Exhale down to left like 3 times.
- Inhale Head rotate anti clock wise from left up and exhale down to right like 3 times.

### Sivam:

- Hands parallel to earth open and close fingers then rotate hands clockwise and anti-clock wise like 6 times
- Hands rise hold and un hold 6 times,
- Hold palm with fingers ( Pedikili) then stretch arms from shoulders by operate hold and un hold like 6 times.
- Hold palm with fingers ( Pedikili) then stretch arms by operate open and close from heart like 6 times.
- Right hand rise bend to left side like 3 times and then left rise and bend right side like 3 times.
- Right hand rotation 3 times and then reverse direction 3 times.
- Left hand rotation 3 times and then reverse direction 3 times.
- Both hands rotation 3 times and then reverse direction 3 times.



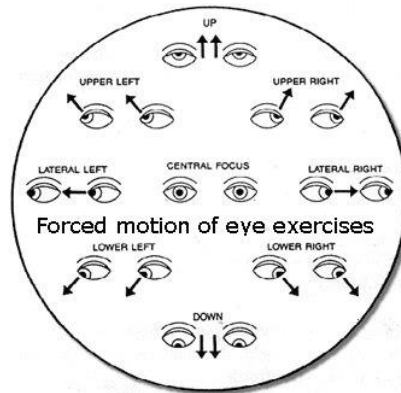
- Both palm join parallel to earth at heart and inhale and exhale 6 times, then do same at  $30^\circ$ ,  $60^\circ$ , and  $90^\circ$  hold and observe 10 breathings
- Raise both hands and bend L-position observe 10 breathings.
- Bend Head back try to bend position observe 10 breathings.
- Hands parallel to earth at  $30^\circ$ ,  $60^\circ$ ,  $90^\circ$ ,  $120^\circ$ ,  $150^\circ$  and  $180^\circ$ , Observe 10 breathing on each angle.
- Hands parallel to earth turn right side see right palm and turn left side and see left palm like 3 times.
- Rotate waste clock wise direction 6 times then anti clockwise 6 times.

### Sundaram:

- Rotate knee clockwise direction 6 times then anti clock wise direction 6 times.
- Hand parallel to earth and half sit down and up like 3 times. In last round hold and observe 10 breathings.
- Rotate right ankle clockwise direction 6 times then anti clock wise direction 6 times.
- Rotate left ankle clockwise direction 6 times then anti clock wise direction 6 times.
- Right leg moment swing front and back then right side and left side 6 times.
- Left leg moment swing front and back then right side and left side 6 times.
- Flat position on earth.
- Right leg up  $90^\circ$  and down 3 times, then left leg up  $90^\circ$  and down 3 times, then both legs up  $90^\circ$  and down 3 times.
- Rotate right leg clockwise direction 6 times and anti-clock wise 6 times.
- Rotate left leg clockwise direction 6 times and anti-clock wise 6 times.
- Now both legs Rotate clockwise direction 6 times and anti-clock wise 6 times

- Cycling with both legs 6 times and reverses 6 times.
- Hands parallel to shoulders. Inhale hold both legs and exhale turn down right side, head on left side and again inhale up, exhale down left and head on right side like 3 times. In last round hold and observe 10 breathings.
- Hands parallel to shoulders. Hold both legs and left leg on right leg, exhale turn down right side, head on left side and again inhale up, exhale down left and head on right side like 3 times. In last round hold and observe 10 breathings.
- Hands parallel to shoulders. Inhale up right leg 90°, exhale down right side, again inhale up and exhale down right again inhale up and exhale down right and hold leg. Then left leg repeat same procedure.
- Relax.

# Eye Exercise



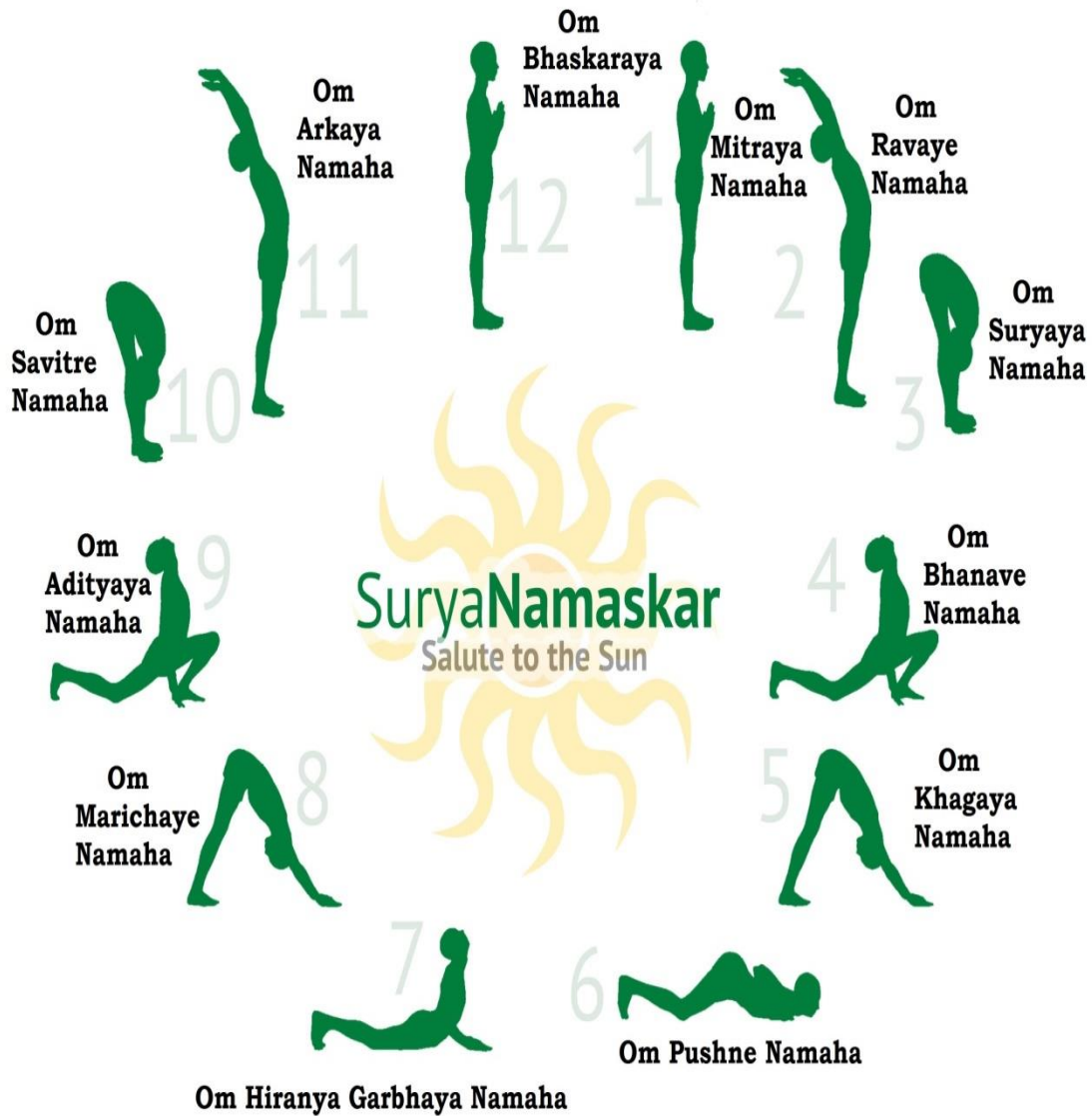
- Select Central Point.
- Open and close both eyes by seeing central point like 6 times , then center.
- Close eyes a moment.
- See up - Center - Down like 6 times, then center.
- Close eyes a moment.
- See Right - Center - Left like 6 times, then center.
- Close eyes a moment.
- Rise Right thumb at central point. See in short distance and long distance like 6 times, then center.
- Close eyes a moment.
- Right thumb lower and left thumb up and see right - left like 6 times then reverse, Right thumb up and left thumb lower and see right - left like 6 times, then center.
- Close eyes a moment.
- Rotation eyes, see start from Right-Down-Left -up ..Like 6 times then center.
- Close eyes a moment.
- Anticlockwise eyes rotation, see start from Right—up—Left—Down..Like 6 times then center.

- Close eyes a moment.
- Eyes Open wide few moments.
- Close eyes a moment.
- Don't touch eyes while tear on.
- Relax.

# Surya Namaskar

## Surya Namaskar with Names:

Namaskar to rising sun, talk with 12 names of lord sun. (udaisthunna Bhanuniki Namaskaristhu 12 mantralatho ucharana chedamu). Must do two cycles.



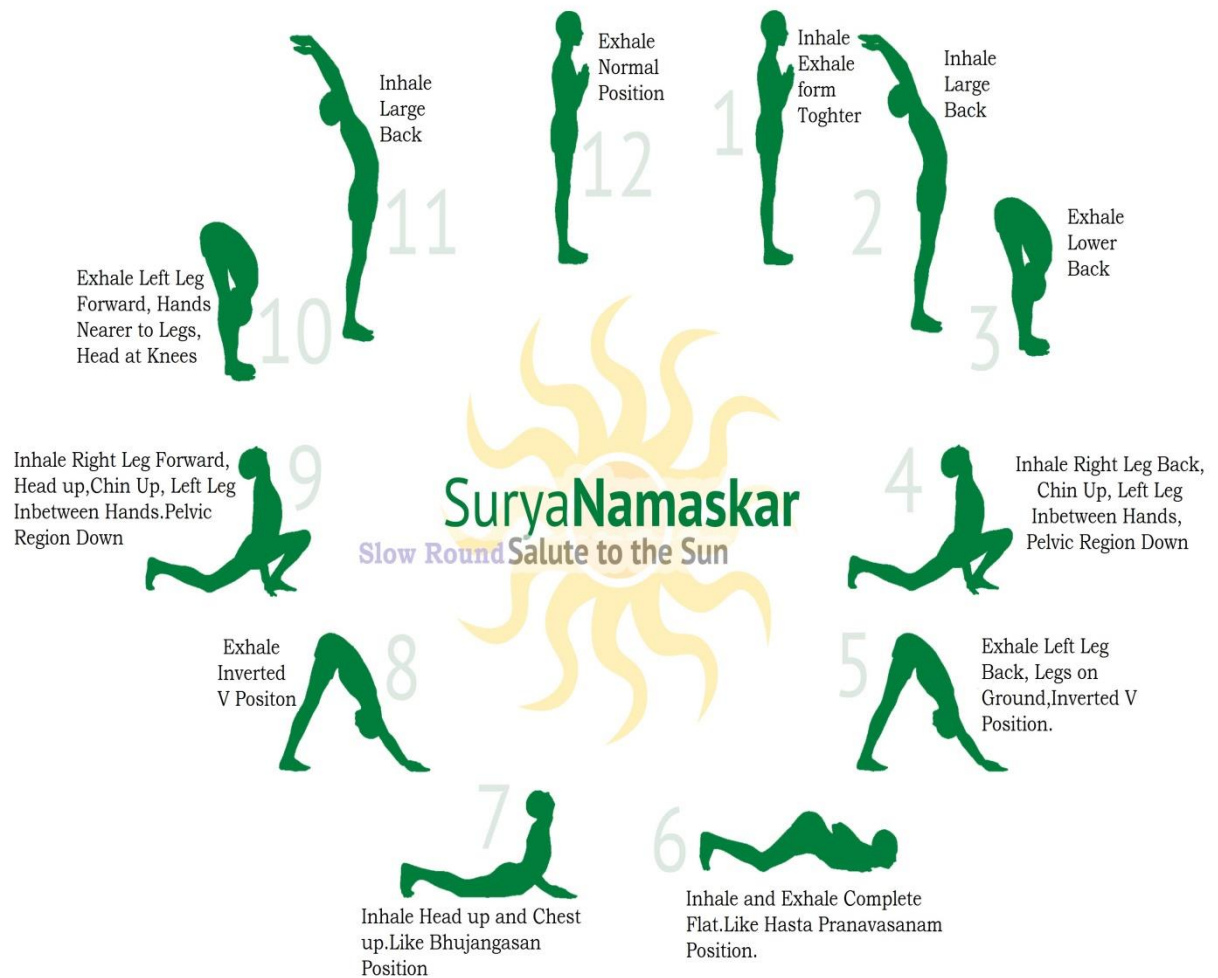
## Surya Namaskar with Asana:

Must do two cycles.



## Surya Namaskar with Slow Round With Inhale and Exhale:

Must do two cycles.



Keep awareness of



1

Ajna Chakra is located in between Eyes is activated.



2 Vishuddha Chakara is located at Neck. Thyroid and parathyroid glands activated. Observe stretch going on cervical region C1 to C7 is activated



3 Manipur Chakra is located at Back of Navel are activated.

Observe sensation going on ankle joint: caught mussel, knee joint: thai mussel, hip joint: buttuk mussel.



4 Svadhishthana Chakra is located at Back of Genital Region is activated. Observe stretch going on lamba region L1 to L5 and cervical region C1 to C7 and pelvic region.



5 Sahasrara Chakram is located top of Head is activated. Observer beautiful stretch going on Wrist joint, elbow joint and shoulder joint.



6 Anahata Chakram is Located behind of Heart is activated.



7 Muladhara Chakram is located end of Spinal Card is activated. Observe stretch going on lamba region L1 to L5 and cervical region C1 to C7 and pelvic region, Wrist joint, Elbow joint and shoulder joint.



### Surya Namaskar with Numbers:

Must do two cycles, First Cycle start with numbers and second round reverse order of numbers.



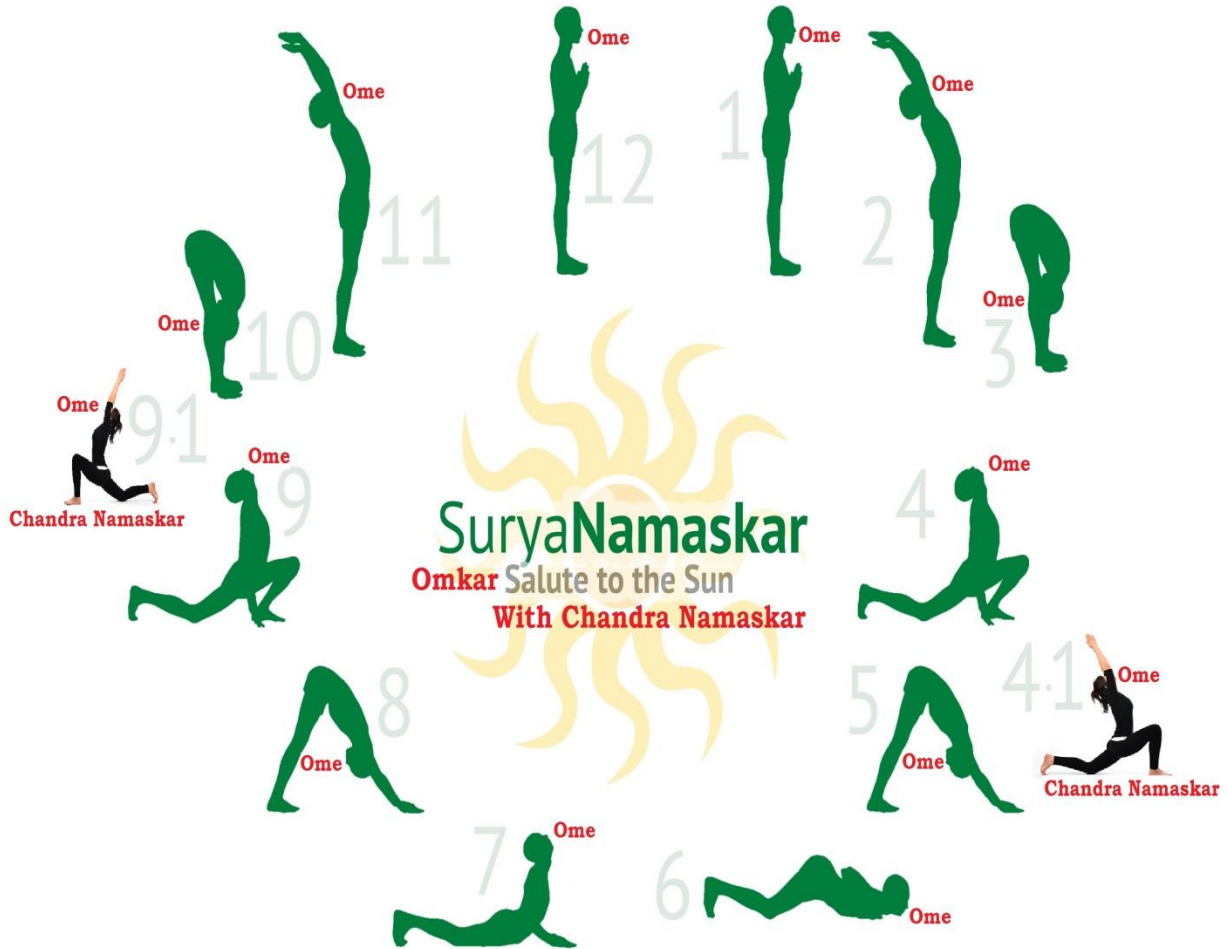
## Surya Namaskar with Sanskrit Numbers:

Must do two cycles.



Surya Namaskar with Ome Karam with Chandra Namaskar:

Must do two cycles.



Take a too long breath until heart beat comes to normal. Relax until blood flow come to normal. We have to complete  $12 \times 12 : 144 + 4$  Chandra Namaskar , Total 148 with in span of 15 minutes. After completion of this cycles turn right side and do shanti asana then rest in complete flat position. Eyes Close, Palm open to Sky. Observe Breathing.

# Final Relaxation Technique

## Basic Relaxation:

- Lay down on your back, relaxing position, separate legs one or two feet's, palm open to sky. This is very good to controlling blood sugar, stress and tension, eyes close until complete the final relaxation.
- 1<sup>st</sup> take a breath in and breath out. Take another Breath in; Hold the breath, Make Feast, Tends your body, and Breath out with Mouth. Relax your whole body.
- Once again take another deep breath in, hold the breath, make feast, tends your body as much as return, and breath out with mouth,
- Relax your whole body. Release your tension. Relax your whole body. Release your tension.
- Let us observe your abdominal portion a while inhaling abdominal moving up stomach and while exhale is go down is normal breathing, Observe 5 cycles.
- Now while breathe in bulging up stomach and while breathe out syncing down the stomach relax, deep breathe in bulging up stomach and breathe out syncing down the stomach relax, another deep breathe in bulging up stomach and breathe out syncing down the stomach relax your whole body. Release your tensions.
- Now while breathing in expand your chest it up and feel taking positive energy while berthing out collapse all your mussel to ground and feel releasing all your tensions. Take a deep breathe in, breathe out collapse all your mussel to ground.

- Take another deep breathe in expand the chest, breath out collapse all your mussel to ground. Another deep breathe in expand the chest, breath out collapse your mussel to ground. Release your tension, Relax your body.
- Now Let us start Akar Manthr trice all together, Chanting Akar Mantre always longer to be better, take a deep breathe In, a.a.a.A.A.A.A.A...Z, another deep breathe In, a.a.a.A.A.A.A.A.A...Z, another deep breathe In, a.a.a.A.A.A.A.A.A...Z,
- Now we make sound quietly without sound come out from mouth just only air should come out with mouth. Take a deep breathe In,... Ha..ha..ha , another a deep breathe In .... Ha..ha..ha another a deep breathe In .... Ha..ha..ha.
- Relax your whole body, relax your whole body.
- Now while do continue these things, this time start relaxing legs, pelvic region, waste region, genital, abdominal portion, novel area, chest, lower back, middle back, upper back, shoulder plates, and your hands, fingers , palms, shoulders, you neck, back of the neck ,back of the head, crown of the head, fore head, eyebrows, eye balls, eyes, both nostrils, ears, lips and chin, mouth, teeth, complete facial muscles and complete each and every part of body from toes to head get relaxing. Take a deep breathe in. Ha ,Ha...ha. Another deep breathe in. Ha ,Ha...ha. Another deep breathe in. Ha ,Ha...ha.
- Relax all your efforts. Now keep on your complete awareness of breathe, every breathe is observe by closing eyes, doesn't miss single breath. Gentle smile on your face. Then take relax few minutes until complete body relaxation.
- After that slowly gradually become your body thoroughlying and conscious surrounding slowly moving fingers, join both legs together and keeping eyes close. Slowly turn right side supporting with legs, observe 10 breathings.
- After that keeping your eyes close, siting comfortable position with support of both hands, slowly become relaxing position, spine erect head up. Adopt Namaskar mudra for final prayer .

## Omkar" Relaxation:

- Keep your body loose and free in relaxed position separate your legs one or two feet palms open to the sky.
- First take a breathe in and breathe out, another deep breathe in hold the breath make feast tends your body as much as you can and breathe out through the mouth. Once again deep breathe in hold the breath makes feast tends your body as much as you can and breathe out to the mouth.
- Relax your body. Release your tensions, relax your body. Release your tensions.
- Now get your attention in your abdomen movement for a while the abdomen come up while inhaling and it should go down while exhaling in normal breathing observe five rotations.
- Now while breathing in your abdomen bulging up the stomach breathing out sinking down the stomach. Take a breath in bulging up stomach and breath out sinking down the stomach. - 3times.
- Relax your body release your tensions
- Now take a breath in expand the chest and feel that you are taking positive energy while breath out collapse all your muscles to the ground and feel that you are releasing all your tensions.
- Take a breath in expand the chest and breath out collapse all your muscles to the ground. Once again Take a breath in expands the chest and breathes out collapse all your muscles to the ground. Relax your body release your tensions
- Now let us chanting "Aa" Kara mantra all together, chanting "Aa" Kara mantra longer than the better. Take a breath in AaaaAaaaAaaaa..... Once again take a breath in AaaaAaaaAaaaa.....Once again AaaaAaaaAaaaa.

- Now u will make the sound so quietly without coming out of your mouth only air should come out Take a deep breath in Haaaaaaa... another breadth in Haaaaa... another breath in Haaaa... Relax your body release your tensions.
- Now keep on complete awareness breathing for a while each and every breath is observed don't miss single breath go on observe for a while by closing the eyes.
- Now we will do "Om kara Sadhana", Aa" kara, "Vu" kara, " Ma" kara samey lanam  
Om karam first we will do we will chanting Om karana three times Take a deep breathe in "Ommm..... " Once again "Ommm....."once "Ommm....."
- Now we will chant "Aa" kara thrice Aaaa.....Aaaa.....Aaaa.... by chanting "Aa" kara mantra Muladhara chakra, Swadhisthana chakra, and Manipura chakra was activated feel the beautiful vibration from toes to upto your novel enjoy for a while .
- Now we will chant "Vu" kara mantra thrice .Take a deep breath in Vuuuuu.....Vuuuuu..... Vuuuu..... by chanting "Vu" kara mantra Anayat chakra has be activated feel the beautiful vibration going out through the body from novel to up to your neck enjoy for a while.
- Now we will chant "Ma" kara mantra thrice. Take a deep breath in Immm..... Immm..... Immm..... by chanting "Ma" kara mantra Vishudhi chakra, Ajna chakra and Sahasrara chakra has been activated feel the beautiful sensation going to body from neck up to the head enjoy for a while.
- Now chanting "Aa" kara , "Vu" kara, "Ma" kara, in the ratio 1:2:3 ratio . Take a deep breath in Ahhhh.....Vuuuu.....maaa....., Ahhhh.....Vuuuu.....Immm..... , Ahhhh..... Vuuuu..... Maaa..... by chanting "Ah" kara "Vu" kara "Ma" kara mantra Muladhara Swadhishtana, Munipura, Anayatha, Vishudhi, Ajna, and Sahasrara chakra has activated feel the beautiful vibration going the body enjoy for a while.
- Now we chanting "Om kar" then only complete the Om kara sadhana .Take a breath in "Ommm... " , observe the beautiful sensational going on your body

go on keep in complete awareness breathing for a while by closing your eyes each and every breath is observed without missing a single breathe.

- Slowly become awareness of your body and surrounding by moving toes and fingers a little join both legs together.
- Keep your eyes close turn to right side observe ten breathings.
- Keep your eyes close with the support of both hands slowly sit up with your comfortable position spine erect head up Namaskara mudra final prayer.



# Final Prayer

Om,  
Sarve bhavantu sukhīnaḥ  
Sarve santu nīrāmayāḥ  
Sarve bhadraṇī paśyantū  
Mā kashchit duḥkha bhāgbhavet  
Om Shāntiḥ, Shāntiḥ, Shāntiḥ

Om, Matru Devo Bhava  
Om, Pitrū Devo Bhava  
Om, Acharya Devo Bhava  
Om, Athidī Devo Bhava,  
Om, Prakurhī Devo Bhava,  
Om Shāntiḥ, Shāntiḥ, Shāntiḥ

Blinking eyes 3 times & Say om, om and om by seeing both palms

Bhumata Pranam .....Claps 10times



Hasya yoga doing with rise hands,

three times say Omkaram vacharana by closing eyes.

Thank you all.

# Pancha Vayvus



Prana" is the one life force that permeates all living things and in fact all matter. This cohesive, animating force is also known as "Maha Prana" or great prana. In the human body, this universal prana has been observed to move in specific ways in specific regions in the body, regulating and controlling physical and mental function. Though there are 49 distinct prana vayus or types of vayus in the body, five principle vayus or "pancha pranas" are important for the yogi to recognize.

The word vayu translates as "wind," connoting all-pervading movement. The root 'va' means "that which flows" – and so a vayu is a vehicle for activities and experiences within the body, or a "force" that moves throughout the system controlling functions such as digestion, respiration, nerve impulses act. These pancha pranas are categorized as: Prana vayu, Apana vayu, Samana vayu, Udana vayu and Vyana vayu.

Though they function in unison together, each governing a specific area of the body. They can be thought of as elemental forces that are not just the physical, but govern emotional qualities and mental energies, fundamental to physical, mental and emotional well-being. "The practices of yoga, especially asana and pranayama, optimize the functioning of these vayus as well as bring them under our influence". Their energies can then be used to uplift ourselves and restore vibrant health.

## Direction of Pranic movement & Chakras (vayus) in the Physical body

1. **Prana** moves down from the base of the throat to the navel (the pranic center or kanda) and energizes and all the vayus. It also moves up from the navel to the throat and seated in the heart/chest, Anahata Chakra, Air.
2. **Udana** moves primarily up from the throat up to the head and seated in the Throat and Head, Vishuddha Chakra, Ajna Chakra, Ether.
3. **Apana** moves from the navel down to the floor of the pelvis and seat is in the Pelvis, Muladhara Chakra, and Earth.
4. **Samana** moves from the periphery of the body into the core and seated in the Solar Plexus, Manipura Chakra, Fire
5. **Vyana** moves from the core out to the periphery and emanates from the navel (kanda) but pervades entire body, Svadisthana Chakra, Water

### 1. Prana Vayu -

"Prana" is the general name of the life force, the prana vayu is one of its specific functions. Prana vayu literally means "forward moving air" and moves inward toward the center of the body. Prana vayu is the energy that receives things coming into the body in the form of food (eating), liquids (drinking) and air (breathing) as well as all sensory perceptions and mental experiences. Prana is propulsive by nature and is the driving force for all the other vayus. The energy known as prana vayu governs the region from the abdomen or diaphragm to the base of the throat, corresponding to Jalandhara bandha. The "seat" of the prana vayu is the heart, and this vayu

ensures that the heart goes on beating. It is associated with the element of **air**. It works to maintain the proper temperature of the body relative to one's environment, and sustains one's vital organs, particularly the heart. Though its seat is in the heart, it moves through the center of the body in a downward direction from the base of the throat to the navel, as well as from the navel back up to the throat\*.

## *2. Apana Vayu*

Apana vayu translates as "the air that moves away". The dominant energy of Apana vayu is a downward and outward movement. It's energy moves primarily in the lower abdomen from the navel to the floor of the pelvis. Apana is the aspect of the prana that governs the ability to eject or eliminate what is not needed to the system. Just as with the breath we exhale what is not needed after assimilating the in-breath, the apana vayu is the force behind the elimination of waste in general, working in the kidneys, colon, rectum, bladder and genitals. It is also the moving force in the process of reproduction – which essentially moves new life 'out' into the world – from insemination to childbirth. The healthy functioning of the apana vayu is as vital as that of the prana vayu. Without the healthy functioning of apana vayu, one lacks motivation and determination; one feels lazy, dull and even confused, indecisive and befuddled. Apana vayu is associated with the element of **earth**, and is the energy of the **Muladhara** Chakra, which is concerned with having a strong, sure and reliable foundation, especially in fundamental matters of survival. The seat of the apana vayu is in the core of the pelvis, and it governs from the navel to the perineum, corresponding to the area in which we practice *Mula bandha*. As with Prana vayu can have both a downward movement in the body as well as an upward movement\* within its primary region.

*\*Prana vayu and Apana vayu move in complimentary opposite directions during inhale and exhale. As you inhale, Prana*

vayu moves upward from the navel to the chest, while Apana vayu moves downward from the navel toward the floor of the pelvis. On exhale, both move in the reverse direction; Prana moving from the base of the throat down to the navel and Apana moving from the perineum back up to the navel. Both oscillate from the center of the abdomen or kanda. Novel to below lower organs, and intensive genital or release waste gas from body.

### *3. Samana Vayu*

Is literally "the balancing air" Moves primarily in the region between the heart to the navel (solar plexus, Liver and Pan or ear, spleen, Diaphragm and Digestive system) acting and its seat is said to be in the navel. It is the controlling power of the metabolism or "digestive fire" and the functioning of the digestive organs and glands. It also governs the assimilation of oxygen from the air we breathe. It is also the vayu that unifies the two opposite forces of prana vayu and apana. It corresponds to the area in which we practice *uddiyana bandha*. In its work with food and digestion, this is the force that separates nutrients from toxins: when it is not functioning well, one may retain toxins, leading to shortness of breath and gastric disorders. In the case of the mind, the Samana vayu is the power by which we separate out or discern beneficial from detrimental, which allows us to assimilate information for the sake of making choices. When there is a disorder, one can be delusional or of unsound mind. For this reason, in the yoga tradition the power of digestion is very closely linked to the power of the mind - particularly regarding discrimination and judgment. Samana vayu is associated with the element of **fire**. It is associated with the **Manipura** chakra, and when unbalanced, its fiery energy can be used to assert one's will or to dominate, especially through anger. In the yoga tradition, anger is the direct result of a combination of desire, delusion and lack of discrimination.

#### 4. *Udana Vayu*

Udana is "that which carries upward." It rules the region of the throat and head (i.e. force for sensory organs like Nose /Ears/ Eyes tongue and through brain), and is seated specifically in the throat. It also rules muscle function and strength in the extremities as well as the sensory function of the eyes, ears and nose. It's said to be the force behind all growth, our ability to stand erect, speech, effort, enthusiasm and will. While apana vayu is concerned with elimination or outward moving energy in general, udana vayu is the specific force that expels air with the exhalation in a way that is particularly concerned with speech and the production of sound. In the region of the head, it's function is mental and expressive in the form of ideas and speech. When udana is unbalanced, speech is disjointed and one cannot speak or articulate ideas properly. Imbalances can also cause shortness of breath and other respiratory problems particularly associated with the throat, which can have their root in obstacles to self-expression, or emotional repression. Uncoordinated movement in the limbs or loss of balance are also signs of imbalance of the vayu. The energy and movement of udana is particularly stimulated by **Jalandhara Bandha**. Ether or space is the element associated with this vayu as is **Vishuddha** chakra. This upward moving energy continues through the upper chakra, the Ajna chakra, to the Sahasrara, and is purified during the upward journey.

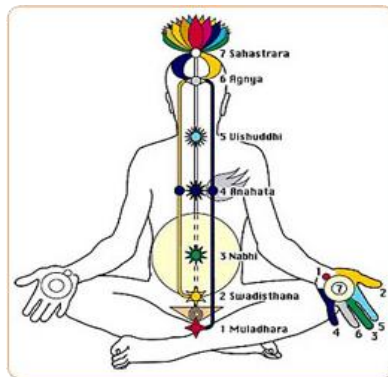
#### 5. *Vyana Vayu*

Literally means "outward moving air" and moves from the center of the body out to the periphery. This vayu pervades the whole body, and is a coordinating, connecting force. It has no specific seat, but rather coordinates all the powers such as sensory awareness, and runs through the whole network of the 72,000 nadis or passageways of prana in the body, connecting the functions of the nerves, veins, muscles and joints and circulates nutrients and energy. Its

function is cohesive and is associated with the element of **water**. Vyana vayu is fundamental to making one feel and function as an integrated whole. Though it governs and coordinates all of the senses as well as the functioning of all muscles, both voluntary and involuntary, it is felt especially in the skin. Goosebumps and perspiration, and all of the various actions and reactions of the skin to the environment are manifestations of vyana vayu. It functions at the "surface" or outer boundary of your energy body, much like surface tension on a drop of water, and is associated with a sense of boundaries through which we define ourselves and interact with our world. Within the body, Vyana vayu governs our internal sense of coordination, balance and physical integrity or cohesiveness. Moves to below lower organs, and intensive genital or release waste gas from body. When unbalanced, one feels uncoordinated and clumsy. Coordination between mind and body suffers, and one's own thoughts can be disjointed, fluctuating and rambling. Dysfunctions in Vyana vayu can also lessen our power of sensation. Though Vyana vayu itself has no specific seat, it is associated with the energy of the **Svadisthana** chakra. In general, vyana vayu is strengthened by the practice of hatha yoga asanas. More specifically, because of its association with the energy and concerns of the svadisthana chakra, the subtler energies involved are enhanced through **Mulabandha**.

# Pancha Tatwa

Panch-Tatwa means "the five great elements of nature". The whole universe is made up of these five basic elements namely: Earth, Water, Fire, Air and Space. Our body is also made up of these five elements. These five elements are related to our five senses of smell, taste, hearing, touch and sight.



The five elements are the cosmological foundation which makes up our bodies, the world, and the entire universe. Without these elements, everything around us and within us will cease to exist. These five elements are referred to as the panchamahabhutas in Ayurveda and the pancha tattva in Yoga. They do not only make up the fundamental constituents of our bodies, but the subtle aspects of our internal spiritual being as well. Thus, through the purification of these five elements, we are able to balance ourselves physically, mentally, emotionally, and spiritually. These five elements are the fundamental building blocks that make up our ultimate reality. Everything, living or non-living, are a physical combination and manifestation of these five elements in the relative world. In addition, each element represents a state of matter (Solid, liquid, gas, and space).

These five elements are:

- Aakasha - Ether



- Vayu – Air
- Agni – Fire
- Jala – Water
- Prithví – Earth

Based on their organic nature, each of these elements possess a certain relationship with each other. These relationships and combinations of elements are what make up nature as a whole. Some elements conflict with one another while others complement each other in a synergistic relationship. Through conscious awareness and a cultivated sensitivity to these five elements, we will be able to learn how to maintain a healthy body and mind. If any of these elements are unbalanced and impure, they may cause disease, sickness, and other unnatural disturbances within our bodies and minds. Yoga and ayurveda can help us purify these elements within us when they fall out of balance. In addition, yoga and ayurveda can help us unlock hidden capabilities and abilities within each element.

### Earth (Prithví)

This element is associated with our connection to Mother Earth and represents the **Muladhara** (Root) Chakra, observe from nails to pelvic region. This element is also a representation of the framework which holds our bodies together – Tendons, ligaments, bones, and muscles. Being able to tap into the Earth element enables us to ground, center, and reconnect with the earth beneath us. Within our asana practice, we are able to connect with the earth element by establishing and stabilizing our foundation, the part of the pose which comes in contact with the ground below us. For example, in a balancing posture such as Vrksasana (Tree pose), you press the four corners of the foot you are balancing on into the floor to re-establish your foundation within this asana. The Earth element helps build a firm

base of support by cultivating calmness, equanimity, and stability within our postures and also in our daily lives.

### Water (Jala)

This element is associated with fluidity and flow and it represents the Svadhisthana (Sacral) Chakra, observe from pelvic region to navel. This element is also a representation of the cardiovascular and lymphatic systems within the superficial body. Such systems aid the transport of oxygenation and nutrients to all internal organs within the body. Wellness and health is stabilized and maintained organically only when liquid continues to flow within the cardiovascular and lymphatic systems. During our asana practice, we may connect with the water element by creating a sense of flow by moving the body fluidly from one pose to the next. This method of connective movement with the breath is called vinyasa. The element of water can be tapped into and expressed mindfully flowing fluidly from one asana to the next.

### Fire (Agni)

The element of fire is the representation of internal warmth, will power, and volition. It is also the element which is associated with the Manipura (Solar Plexus) chakra, observe from navel to heart. Relatively, fire is hot, warm, invigorating, and stimulating. Since fire is the transformational force which feeds our inner drive and helps turn our intention into steadfast volition. Because of the heat it provides and its association with the Solar Plexus, this element is what stimulates our appetite, digestive processes, and metabolism. It is also associated with the brain and nervous system. The element of fire is what transforms food into energy, and our thoughts, feelings, and emotions into impulses. Within our asana practice, we can tap into the element of fire through the activation of the bandhas – the body locks within the energetic body in Hatha Yoga. By learning to control our bandhas, we will be able to release and lock our energetic life force or prana at will. With the activation of the bandhas during our asana practice and vinyasa flows, we will be able to cultivate

internal heat within the body.

Here is a short description of the bandhas in an anatomical sense:

Mulabandha - Contraction of perineum

Uddiyanabandha - Contraction of abdomen into the rib cage

Jalandharabandha - Slightly tucking the chin to the chest

Mahabandha - Combining all three of the above bandhas in practice

### Air (vayu)

The element of air is associated with the breath and it is a representation of the Anahata (Heart) chakra, observe from heart to eyebrows. The breath is our basis and foundation within our yoga practice. The element of air is essential because it is what carries prana or life force energy throughout our energetic bodies, the relative world, and the universe. When it comes to our bodies, air controls our breathing processes, it helps carry oxygenation to all our essential organs, and helps provide space and movement to our internal biological functions. We can connect ourselves with the element of air in our asana practice by being aware and mindful of our breath. Pranayama (the control of life force energy with the breath) is another essential way we can connect ourselves with this element. Through the practice of Pranayama breathing techniques, we are able to refine our quality of breathing. The element of air is what helps aid our journey within ourselves by creating a peace, quiet, calm, and stable mind.

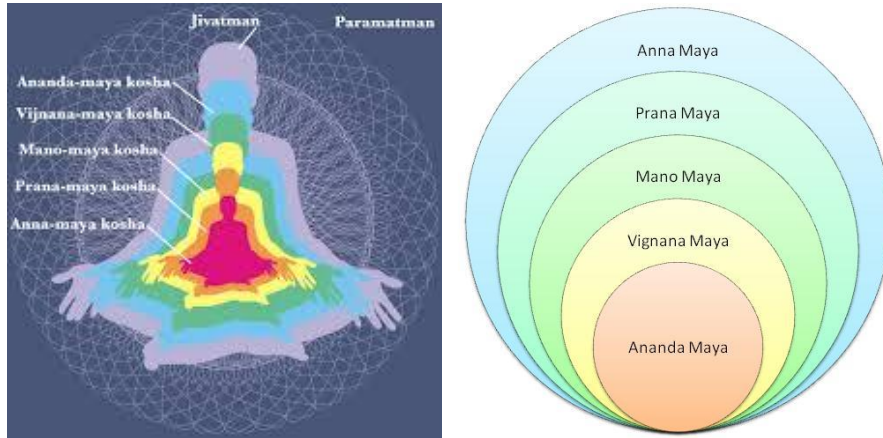
### Aakasha (Ether)

This element is a representation of connecting with our intuitive sense of being, relating to Vishuddha (Throat) chakra, observe from eyebrows to upper part of body. It is associated with sound, vibration, and consciousness and is also described as light, spiritual and

ethereal. It is also known as the space in which all matter in the relative world exists. Connecting our inner selves with this element helps us realize that everything within and around us is in constant change. The ethereal essence of being that comes with this element enables us to accept, adapt, and flow with the rhythm of life. Within our yoga practice, we enable ourselves to tap into the ether element by becoming mindful and aware of our current state of being during an asana (posture). Balancing, purifying, and connecting with this element in our practice helps maintain a sense of calm, peace, and tranquility within. We become conscious and aware of how we feel and come to understand that the yogic sense of being transcends beyond what happens on our mats.

By balancing the elements within our bodies in our yoga practice, we will be able to connect with our inner selves, our environment, and the energetic vibrations of the universe.

# Pancha Koshas



Many people have a limited understanding of yoga, thinking that it is restricted to the asana practice of increasing flexibility, toning up muscles, relaxing the body, increasing strength, improving balance and finding stress relief. While yoga does all of the above that is a limited view of what yoga really has to offer us. The true purpose of yoga is to develop a relationship with the self that exists deep within our core, which is called Jivatman (individual soul). Jivatman is a unity of Atman, the supreme soul, or Brahman, that is always there, unchanging and endlessly radiating the energy of peace, love and compassion.

According to the Upanishads, our human nature, or prakriti, is comprised of five different dimensions. Our mortal body, (the temple of our individualized atman,) expands into more subtle layers of energy around our spiritual center. Human beings consist of five distinct energy sheaths called "koshas" that surround our Jivatman. Each kosha vibrates at different speeds, and they interact and overlap with each other, ranging from gross to transcendental dimensions.

The pancha koshas (five sheaths) provide us with a road map for better understanding of our psychological and spiritual development.

There are namely:

Physical	-	Annamayakosha
Energy	-	Pranamayakosha
Mental	-	Manamayakosha
Wisdom	-	Vijnanamayakosha
Bliss	-	Anandamayakosha

Self - Atman

In each kosha's name you have the word 'maya', which many people understand as meaning 'illusion', but in this context it actually means, 'consists of.'

### 1. Annamaya kosha, (the sheath which consists of food)

'Anna' means food. This sheath is our physical body and is the densest of all the koshas. It includes our bones and also the tissues which make up our muscles and organs. It is the lowest vibration of ourselves. Here, energy is solidified into matter and it is made of the five elements, of which the earth element is the dominant one. It is called the food layer because it is created by the food that we eat (i.e. hydrogen, oxygen, nitrogen, potassium, calcium, magnesium, potassium hydroxide, sodium etc.). It is the structure that contains both the prana and the consciousness. If one gets 'stuck' into this layer, then one becomes over obsessive about form.

## 2. Pranamaya kosha, (the sheath that which consists of energy)

'Prana' means energy. This kosha is the vital life force that moves through the body. It literally consists of the breath and the five pranas, namely: prana, apana, udana, samana and vyana. This panch vayus phrenic energy is supplied. These forms of prana control various functions within the physical body, and without prana, the body would be lifeless, and unable to move or think. It is the prana that makes the blood flow, carries impulses through the nerves from our body, to the brain and back. Prana also circulates between the physical body and the different sheaths through the agency of the nadis. Prana is in the form of vital, mental, psychic and spiritual energy. It is what allows us to travel from gross, to subtle and causal bodies. Energy gives to all cells to function and keep body healthy condition.

## 3. Manamaya kosha, (the sheath that consists of the mind)

'Mana' means mind. This kosha is made up of our thoughts, feelings, mind and emotion. This type of functions present in both animals also. This is what we commonly call the 'monkey' mind and it is through the prism of this dimension that we perceive the world and our likes and dislikes (raga and dvesha) via the agency of the five senses. We continuously experience pain-pleasure opposition in our life, which destabilizes us and is also responsible for our happiness and unhappiness.

Consciousness is the act of being connected to the outer world through our senses, which are connected to the brain through the mind.

Mind functions on three levels:

- Conscious: mind connects the outer world to the brain
- Subconscious: mind stores of all the experiences
- Unconscious mind: the 'Real Self' or 'Atman'

Many people are 'stuck' in this sheath as they are abducted by their mind. In order to shift from this dimension, practices such as pranayama and pratyahara (mental withdrawing of the senses,) are very efficient. "Yoga is the mastery of the activities of the mind-field. Then the seer rests in its true nature." Which brings us nicely to the next kosha.

#### 4. Vijnanamaya kosha, (that which consists of subtle knowledge)

'Vijnana' means subtle knowledge or wisdom. In this kosha we reach intuitive knowing and higher levels of consciousness. This is different in human beings and animals. In this sheath the awareness of the body and mind is lost, and awareness is established as the 'higher' mind. In these inner mind guides these three koshas and guide to decide what is correct and what is incorrect. so that it leads life of contentment and happily. We know, decide, judge, and discriminate from the wisdom part of ourselves, our higher consciousness. Consequently, the higher mind turns within towards the soul, seeking the Truth, and searching for the eternal center of consciousness. Vijnanamaya kosha, through the agency of the nadis, links the conscious mind, the higher mind and the universal mind. Practices such as dharana, (mental focus on an object) and dhyana, (meditation on the divine,) are inner disciplines that progressively help us to channel our focus towards a deeper level of consciousness.

#### 5. Anandamaya kosha, (the sheath that consists of Bliss)

'Ananda' means bliss. It is the spiritual or causal body, where, finally, you become one with the "divine spark," which is our soul. Anandamaya kosha is connected to the unconscious or super conscious mind. It is only when the higher mind fuses with the super conscious mind, (or unconscious mind,) that one awakens to the Presence with a sense of connection to all. It is the highest level of



vibration in this life. It is said that when you realize the Self or God, you reach "Mukti," or liberation. Very few people have managed to reach anandamaya kosha, only saints and realized souls. This is when we reach Samadhi. Person will be very mentally, spiritually and physically active.

This is the road map that ancient seers have left us to help us understand our journey back to wholeness, so that we can break free from all bondage

