

**"health is wealth, peace of mind is happiness,  
yoga shows the way."**  
*-swami vishnudevananda*

a brief guide for continuing your yoga practice at home.

For Participants of the One Month Yoga Intensive with Sabu Chaitanya 2013

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# **PRAYER BEFORE YOGA CLASS (Invocation)**

**Dhyana Slokas**

**Gajananam Bhutaganadi Sevitam**

**Kapittha Jambu Phala Sara Bhakshitam**

**Uma Sutam Shokavinasha Karanam**

**Namami Vigneshvara Pada Pankajam**

*I prostrate myself before the lotus feet of Vigneshvara (Ganesha), the son of Uma, who destroys sorrow, who is served by the host of angels, who has the face of an elephant, who partakes of the essence of kapittha and jambu fruits.*

**Shadanamanam Kumkuma Raktavarnam**

**Mahamatim Divya Mayura Vahanam**

**Rudrasya Sunum Surasainya Natham**

**Guham Sadaham Sharanam Prapadye**

*I always take refuge in Guha of six faces (Subramanya), who is of deep red color like kumkuma, who possesses great knowledge, who has the divine peacock to ride on, who is the son of Rudra (Siva), and who is the leader of the army of the devas (gods and angels).*

**Ya Kundendu Tushara Hara Dhavala**

**Ya Shubhra Vastravrita**

**Ya Vina Varadanda Mantita Kara**

**Ya Shveta Padmasana**

**Ya Brahmachyuta Shankara Prabhritibhi**

**Devaihi Sada Pujita**

**Sa Mam Patu Saraswati Bhagavati**

**Nishesha Jadyapaha**

*May the Goddess Saraswati, who wears a garland white like the kunda-flower, the moon and the snow, who is adorned with pure white clothes, whose hands are ornamented with the vina and the gesture of blessings, who is seated on a white Lotus, who is always worshipped by Brahma, Vishnu, Siva and other gods, who is the remover of all inertness and laziness, protect me*

**Om Namah Shivaya Gurave**

**Sat-chit-Ananda Murtaye**

**Nishprapanchaya Shantaya**

**Sri Sivanandaya Te Namaha**

**Sri Vishnudevanandaya Te Namaha**

*Salutations to Guru Shiva, who is the embodiment of Existence-Knowledge-Bliss Absolute, in whom worldliness does not exist, who is ever peaceful. Salutations to Sri Sivananda, Salutations to Swami Vishnu-denanda.*

**Om Sarve Mangala Mangalye**

**Shive Sarvartha Sadhike**

**Sharanye Trayambake Gauri**

**Naarayani Namostute**

**Naarayani Namostute**

*I salute the three-eyed Divine Mother Narayani, who brings auspiciousness and who fulfills all the desires of the devotee (both spiritual and material).*

**OM SHANTI, SHANTI, SHANTI.**

**OM PEACE,PEACE,PEACE.**

# **FINAL PRAYERS**

## **MAHA MRITYUNJAYA MANTRA (OM TRAYAMBAKAM)**

Maha-Mrityunjaya is a life-giving mantra. In these days, when life is very complex, this mantra wards off death and accidents of all kinds. It has a great curative effect on disease and should be repeated before any travel.

It is also a Moksha-Mantra and bestows liberation. It is a Siva Mantra. The mantra should be repeated 3, 9, 27 or 108 times, especially on your birthday. This will bestow on you health, long life, liberation and prosperity.

**Om.....Om.....Om....**

**OM TRAYAMBAKAM YAJĀMAHE  
SUGANDHIM PUSHTIVARDHANAM  
URVĀRUKAMIVA BANDHANAN  
MRITYOR MUKSHIYA MAMRITAT**

(repeat three times)

**OM SARVESHAM SVASTI BHAVATU  
SARVESHAM SHANTIR BHAVATU  
SARVESHAM PURNAM BHAVATU  
SARVESHAM MANGALAM BHAVATU**

**SARVE BHAVANTU SUKHINAH  
SARVE SANTU NIRAMAYAAH  
SARVE BHADRĀNI PASYANTU  
MĀ KASCHID-DUKHA-BHAG-BHAVET**

**ASATO MĀ SAT GAMAYA  
TAMASO MĀ JYOTIR GAMAYA  
MRITYOR-MĀ AMRITAM GAMAYA**

**OM PŪRNAMADAH PURNAMIDAM  
PŪRNĀT PŪRNAMUDACHYATE  
PŪRNASYA PŪRNAMĀDĀYA  
PŪRNAMEVĀVASHISHYATE  
OM SHANTI SHANTI SHANTI**

Om - We worship the three-eyed One (Lord Siva) who is fragrant and who nourishes well all beings; may He liberate us from death for the sake of Immortality even as a cucumber is severed from its bondage (to the creeper)

Om - May auspiciousness be unto all  
May peace be unto all  
May fullness be unto all  
May prosperity be unto all

Om - May all be happy  
May all be free from disabilities  
May all look to the good of others  
May none suffer from sorrow

Om - Lead me from the unreal to the Real  
From darkness to light  
From mortality to Immortality

Om - That is whole. This is whole  
From the whole the whole becomes manifest  
From the whole when the whole is negated  
What remains is again the whole  
Om Peace Peace Peace

**Instructor:** Sat Guru Shri Sivananda Maharaj Ki  
**Students:** Jai

**Instructor:** Sat Guru Shri Swami Vishnudevananda Maharaj Ki  
**Students:** Jai

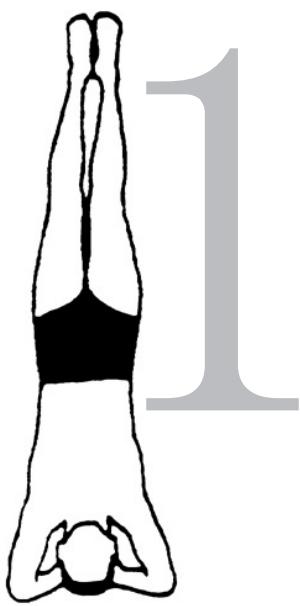
THE YOGIC LIFESTYLE

# Sun Salutation

## Surya Namaskar



**Surya Namaskar - Sun Salutations**  
Practice as many rounds as you can, using your deep breathing, to warm-up the body before your Asana Practice.



Headstand - Sirshasana

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Shoulderstand - Sarvangasana



Plough - Halasana



Fish - Matsyasana



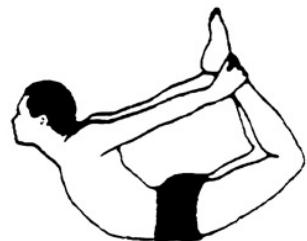
Forward bend - Pachimotanasana



Cobra - Bujangasana



Locust - Salabhasana



Bow - Dhanurasana



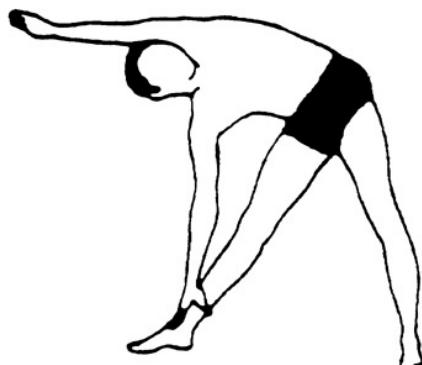
Half Spinal Twist -  
Ardamatsyendrasana



Standing Forward Bend -  
Padahastasana



Crow - Kakasana

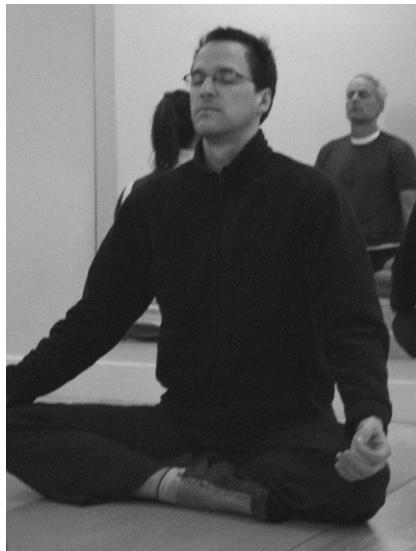


Triangle - Trikonasana

# Pranayama (Breathing Exercises)

Kapalabhati (cleansing, breathing exercise)

Anuloma Viloma (alternate nostril breathing)



## Kapalabhati (pumping exercise)

### THE PRACTICE\*

- Sit in a steady, comfortable, cross-legged position with the spine straight.
- Both hands in chin mudra (index finger to the thumb) on your knees.
- Take a few deep breaths. Then, quickly contract the abdominal muscles pulling the abdomen in sharply, exhaling through the nose. The inhale is passive, while the exhale is active.
- Do about 20-30 pumpings to start, then gradually build up to 50-100 pumpings over time.
- After the pumping, take a deep inhale and retain the breath. Concentrate the mind, keep the shoulders relaxed and back straight, visualizing one single point. Hold the breath comfortably as long as you can, and then exhale slowly. (This is one round)
- Practice at least three rounds of Kapalabhati, then follow with Anuloma Viloma (alternate nostril breathing practice.)

*\*note: please practice these breathing exercises once you have been introduced to pranayama by a qualified teacher. If you have any questions, or doubts please consult your instructor.*

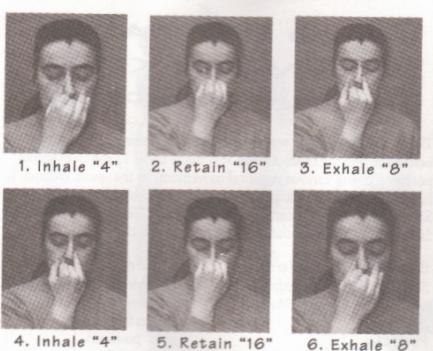


## Anuloma Viloma (alternate nostril breathing)

### THE PRACTICE\*

- Sit in a steady, comfortable, cross-legged position with the spine straight.
- Left hand in chin mudra (index finger to the thumb) on left knee. Right hand in Vishnu mudra (index and middle finger bent, ring finger and little finger used to close left nostril, thumb used to close the right)
- Take a few deep breaths. After exhaling, close right nostril with right thumb, and proceed with the ratio 1:4:2 (example: inhale left 4, retain 16, exhale right 8, inhale right 4, retain 16, exhale left 8)
- One round starts on the left (always!) and ends on the left.
- Practice comfortable retention, while focusing on one single point, for 10-20 rounds as comfort and time permits.

*\*note: please practice these breathing exercises once you have been introduced to pranayama by a qualified teacher. If you have any questions, or doubts please consult your instructor.*



"Pranayama is one of the most important practices in all forms of Yoga. By practicing pranayama, the Yogi is able to control the nervous system and thereby obtains gradual control over prana or vital energy and the mind...Yogic teachings further show, that through pranayama man's will power, self-control, concentration power, moral qualifications, and even his spiritual evolution can be increased [through the proper practice of pranayama.]"

-Swami Vishnudevananda (in his book "The Complete Illustrated Book of Yoga")

# Reading *further*

## Books

"The Complete Illustrated Book of Yoga"  
by Swami Vishnudevananda

"The Sivananda Companion to Yoga"  
by Sivananda Yoga Vedanta Centers

"Yoga Mind and Body"  
by Sivananda Yoga Vedanta Centers

"The Sivananda Companion to Meditation"  
by Sivananda Yoga Vedanta Centers

"Meditation and Mantras"  
by Swami Vishnudevananda

"Yoga Cook Book"  
by Sivananda Yoga Vedanta Centers  
Most of these books are available at the studio!

## Web

### **International Sivananda Yoga Vedanta Centers**

Here you can find information regarding yoga vacations, yoga teachers training courses, retreat locations (all over the world!) and more! The Sivananda Yoga Vedanta Organization is the Non-Profit organization where Sabu and Jyoti volunteered and received their training.

[www.sivananda.org](http://www.sivananda.org)