

Concepts of Yoga

- Chitta vritti nirodha – cessation of modifications in the mind
- Samadhi – Self realization
- Limbs of Yoga
 - Yama and Niyama – Practice of life style
 - Asana and Pranayama – Postures and Breathing techniques
 - Dhyana – Meditation techniques
 - Sathvika Ahara – Diet pattern in Yoga
- Abhyasa and Vairagya – Practice and Detachment
- Ishwara - Universal self

Ashtanga Yoga

- Yama
- Niyama
- Asana
- Pranayama
- Pratyahara
- Dharana
- Dhyana
- Samadhi

Yoga - Life style practices— for Emotional development

Yamas – Personal and social behavior

- Ahimsa – practice of nonviolence
- Satya – truthfulness
- Asteya – non stealing
- Brahmacharya – celibacy
- Aparigraha – non-receiving

Niyamas – disciplines

Saucha –cleanliness

Santhosha – contentment

Tapas –austerity

Swadhyaya – self study

Eshwara pranidhana – surrendering to
god

Ahara: Concept of Food -HYP

Susnigdha madhura ahara
chaturthamsha varjitah
bhujiyate shivasamprityaihi

- Unctuous, Nutritious,
- Practice of Satvika ahara do not agitate the mind and also improve physical health. They are easy to digest and assist in the production of mental peace. It is much evident that much of the mental anxiety and anger can be eliminated by eating Satvika ahara – soothing food

Abhyasa

How to practice yoga?

Satu dhirgakala nairantarya satkarasevito drdabhumih
|

- Longer time
- Continuous
- With devotion

How to overcome - Dukha

- **Karma yoga** – Right Action
- **Bhakti yoga** – Devotion
- **Dhyana yoga** - Meditation
- **Jnana yoga** – Right Knowledge
- **Shrddha thraya yoga** – Faith
- Kundalini yoga – Energy Expantion

Mind - One pointed ness

Misconcepts of Yoga

- Yoga is only Asana practice
- Yoga is physical exercise
- Yoga is attaining powers
- Yoga is the activities of a sage
- Yoga is religious

Practical aspects of yoga

physical posture

Sthira Sukham Asanam I

– Posture which is steady and comfortable

Characters –

- Vinyasa – steps
- Swasakrama – breathing pattern
- Drsti – vision
- Sthiti – position

Classification of Asanas

- Cultural asanas
- Inverted asanas
- Balancing asanas
- Meditative asanas
- Relaxative asanas

Trikonasana



Sarvangasana





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Shavasana



Practicing method of Asana

Prayatna sitilaya ananta samapattibhyam I

- by loosening the effort and with concentration

Benefits –

- Flexibility, Steadiness, Lightness, Health
Digestion, Excretion
- Back ache, Joint pain, Obesity, Diabetes, Constipation

Pranayama - Expansion of Prana

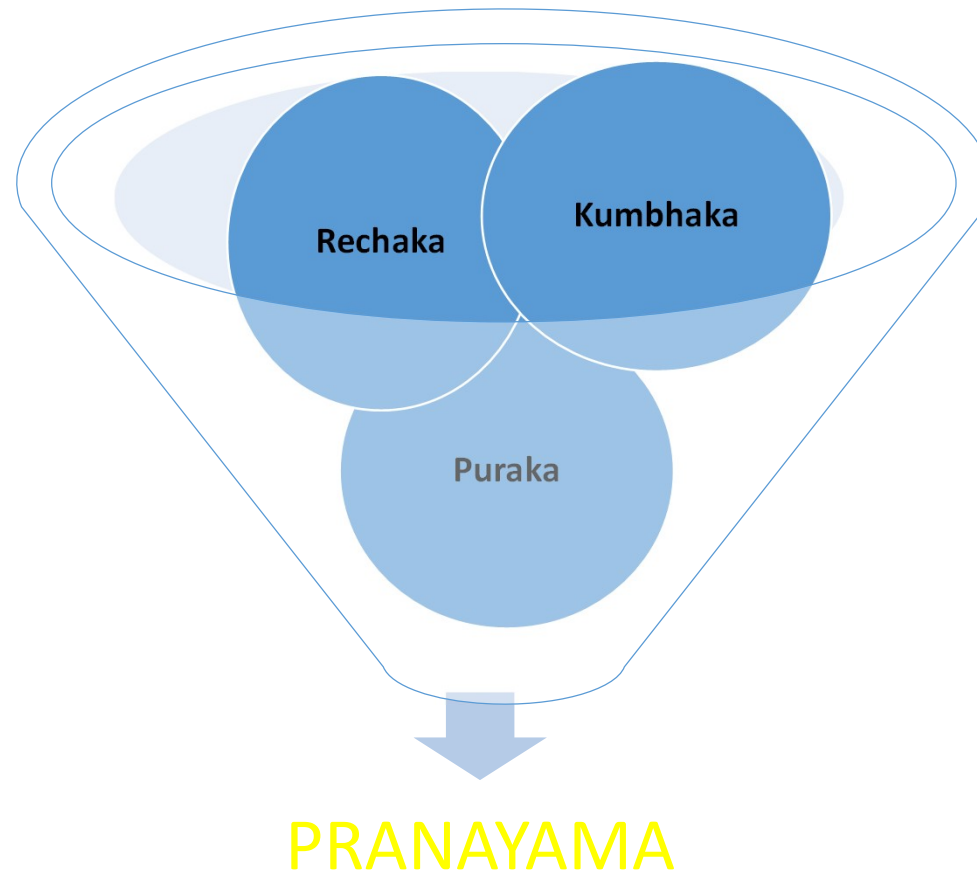
**Tasmin sati swasa praswasayoh gati
vicchedah I**

Controlling the respiration by regulating inspiration and expiration

Steps

- Puraka – Inhalation
- Kumbhaka – Retention
- Rechaka - Exhalation

Steps



Pranayama



Conscious breathing and Abdominal breathing

- Proper blood circulation
- Improves oxygenation of tissues
- Removes toxins from the systems
- Improves functions of the spine and muscles
- Alleviates pain
- Balances autonomic nervous system and improves neural activity

Dhyana - Meditation

Tatra pratyaya ekatanata Dhyanam I

- Uninterrupted flow of similar objective thoughts in the mind

Steps –

- Pratyahara – control of sensory organs
- Dharana – fixing an object in the mind
- Dhyana – contemplating on the same object
- Samadhi – mind becoming one with the object

Yatha abhimata Dhyanat va I

- By meditation as desired

Objects - Sthula & Sukshma dhyana

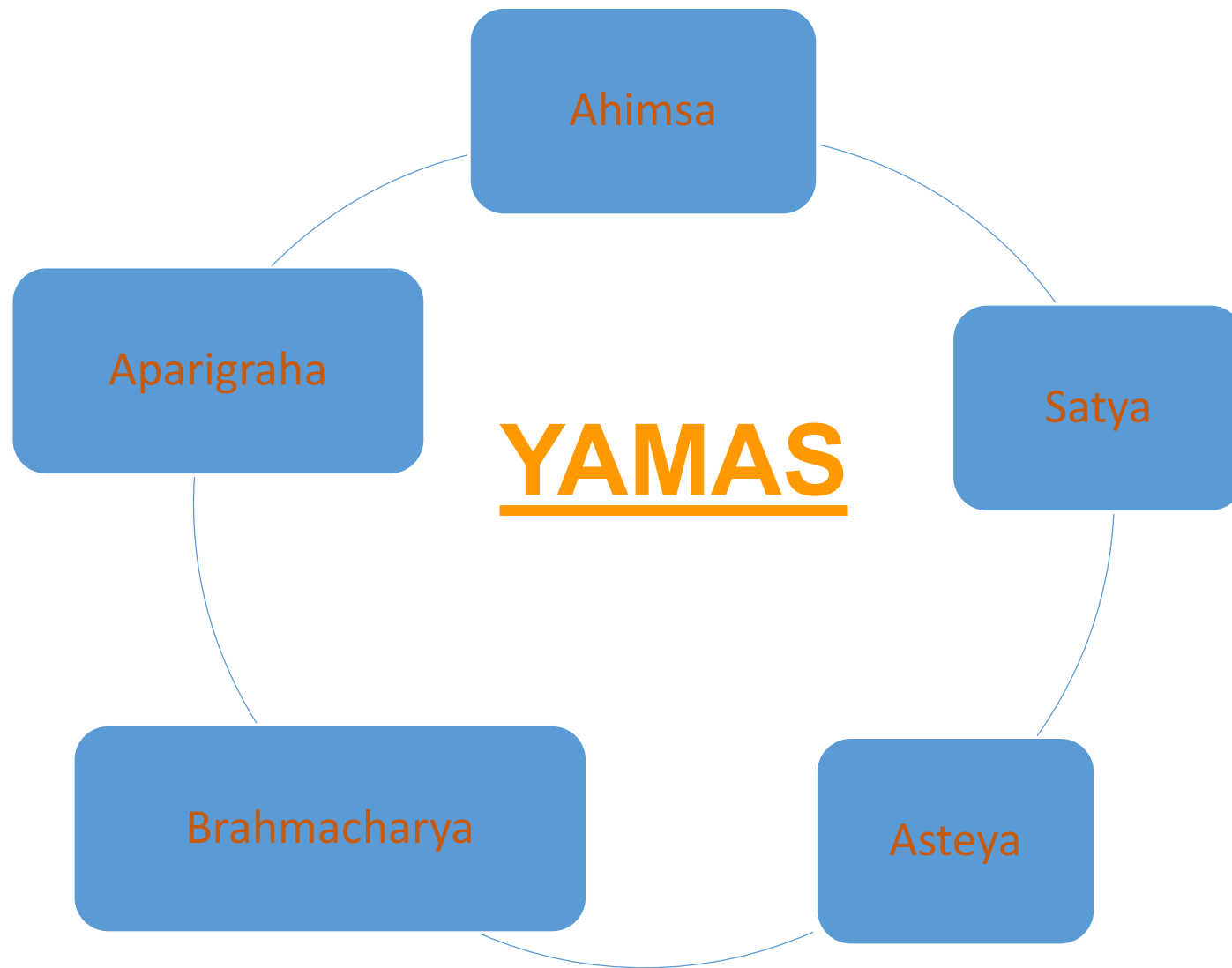
- Mantra
- Picture
- Light
- Scenery
- Statue
- Sound

Dhyana



Dhyana - Meditation

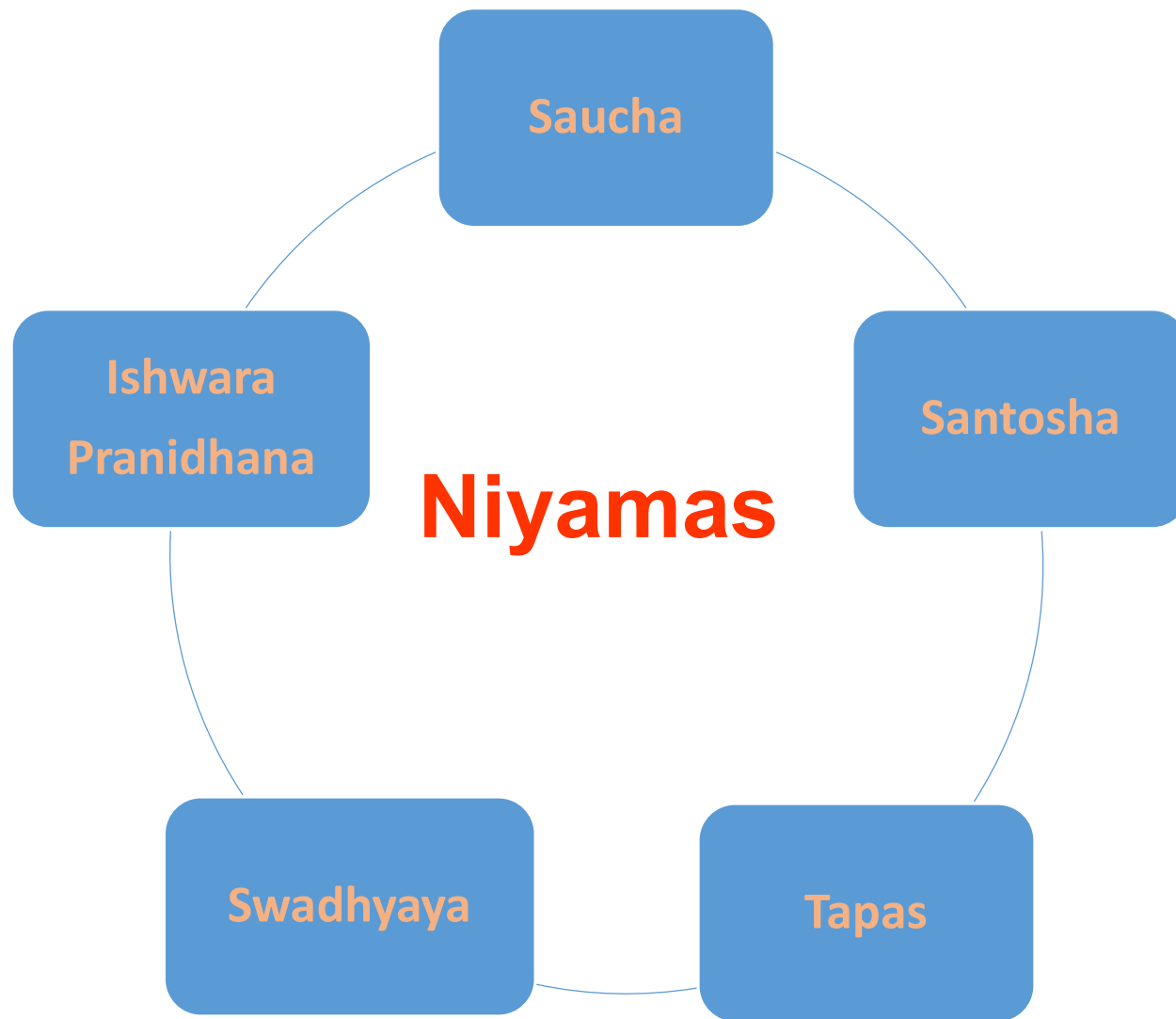
- Quietens the mind – increase in Alpha waves
- Improves mental clarity and perception
- Stabilizes nervous and cardio-vascular systems
- Lowers blood pressure and pulse rate
- Physical and mental relaxation



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