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Day 04 of 30 Days of Yogic Journey — Yogic Sukshma and SthulaVyayama Practice, Yogic Diet Principles



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2 min read · May 4, 2023



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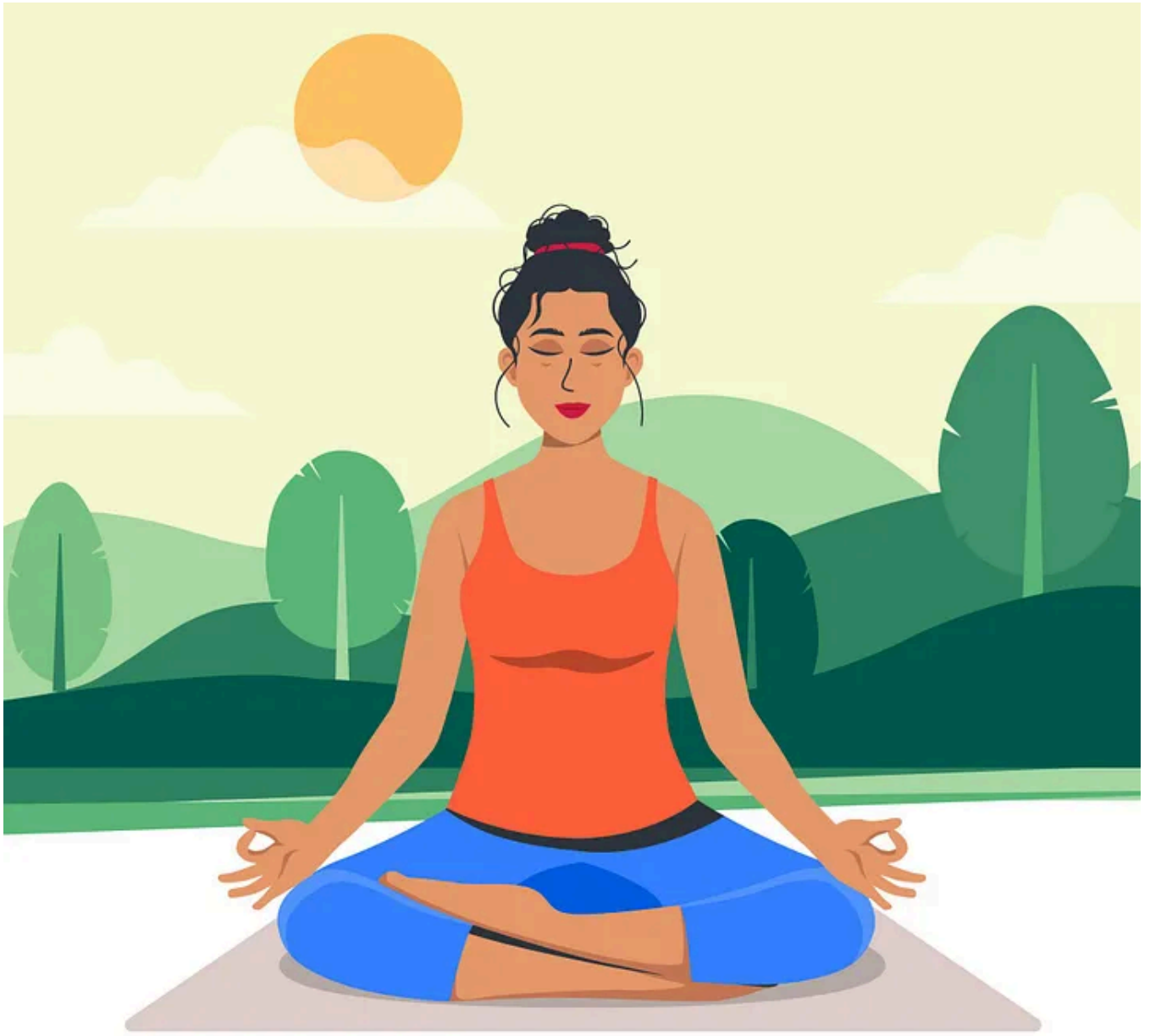
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Summary

- Prayer
- Yogic Sukshma Vyayama Practice
- Yogic Sthula Vyayama Practice
- Principles of Yogic Diet
- Relaxation
- Closing Prayer
- What's Next?

Prayer

As per our daily routine, we started today's session by preparing ourselves for prayer by sitting in the “Sukhasana” pose and the “Gyan” mudra.



Courtesy: <https://www.freepik.com/>

We chant “OM” 3 times, followed by prayers which are:

Gurur Brahma Gurur Vishnu
Gurur Devo Maheshwarah
Guru Saakshaata Parabrahma

Asato mā sadgamaya
Tamasomā jyotir gamaya
Mrityormāamritam gamaya
Om śhāntiḥ śhāntiḥ śhāntiḥ

Yogic Sukshma Vyayama Practice

We stand up in an alert position before starting Yogic Sukshma Vyayama practices

As a part of today's yoga practice, we practiced 7 yogic sukshma vyayama which are mentioned in the previous article.

Yogic Sthula Vyayama

There are a total 5 yogic Sthula Vyayama which are:

- Hrid Gati
- Sarvanga Pushti
- Rekha Gati
- Utkurdan
- Urdhvagati

As a part of this yoga journey, we practiced **Hrid Gati** and **Sarvanga Pushti** yogic sthula vyayama.



Hirdgati



Sarvangapushti

Courtesy: <http://www.yogamdniy.nic.in/>

Principles of Yogic Diet

There are 4 principles of a yogic diet which are:

- Quality
- Quantity
- State of Mind
- Place & Time

Today's session was dedicated more toward yogic sukhma and sthula vyayama practices.

Especially, **Hrid Gati & Sarvanga Pushti** vyayama requires a lot of energy. You might feel body pain after these exercises which is quite normal but these would help in increasing stamina.

Relaxation

After intensive yogic practice, we perform the “**Shavasana**” yoga poses to relax our bodies and mind.

Closing Prayer

We end today’s session by chanting “OM” followed by the below shloka:

om sarve bhavantu sukhinah
sarve santu nirāmayāḥ.
sarve bhadraṇi paśyant
mā kaścid duḥkha bhāgbhavet.
om śāntiḥ śāntiḥ śāntiḥ ..

English Translation

Let all be happy, let all be free from debilitation, let all see goodness, let there be no victims of sorrow.

What's Next?

In the next article, we will discuss more about the yogic diet as well as the Surya Namaskar yoga pose.

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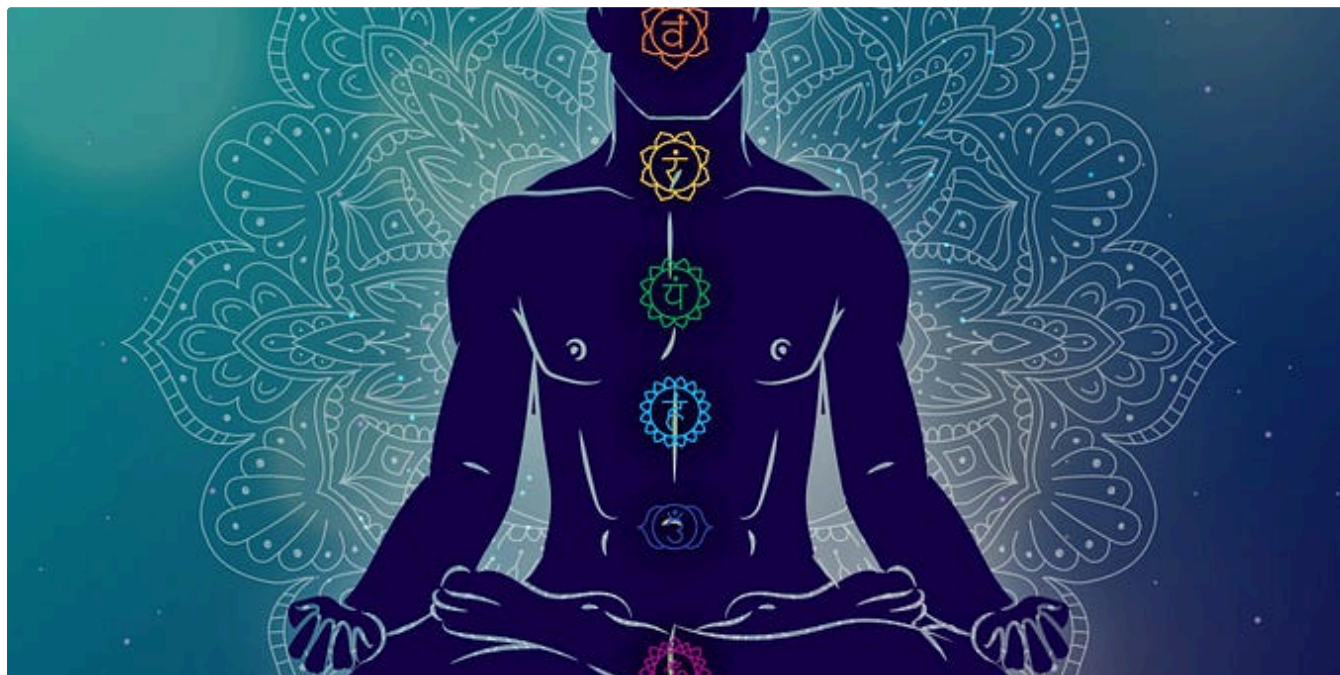
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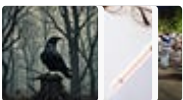


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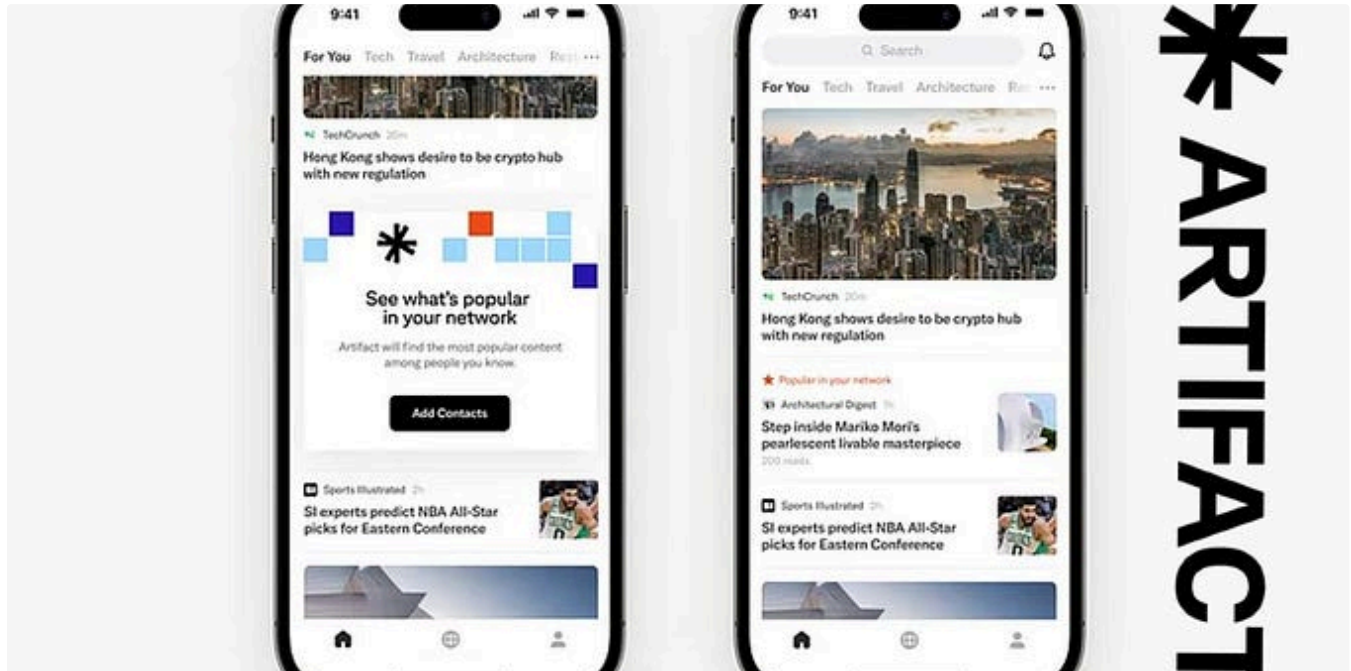
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