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Day 03 of 30 Days of Yogic Journey — Yogic Sukshma Vyayama Practice and Their Benefits, Types of Body in Yoga



Saatvik Life · Following

3 min read · May 3, 2023



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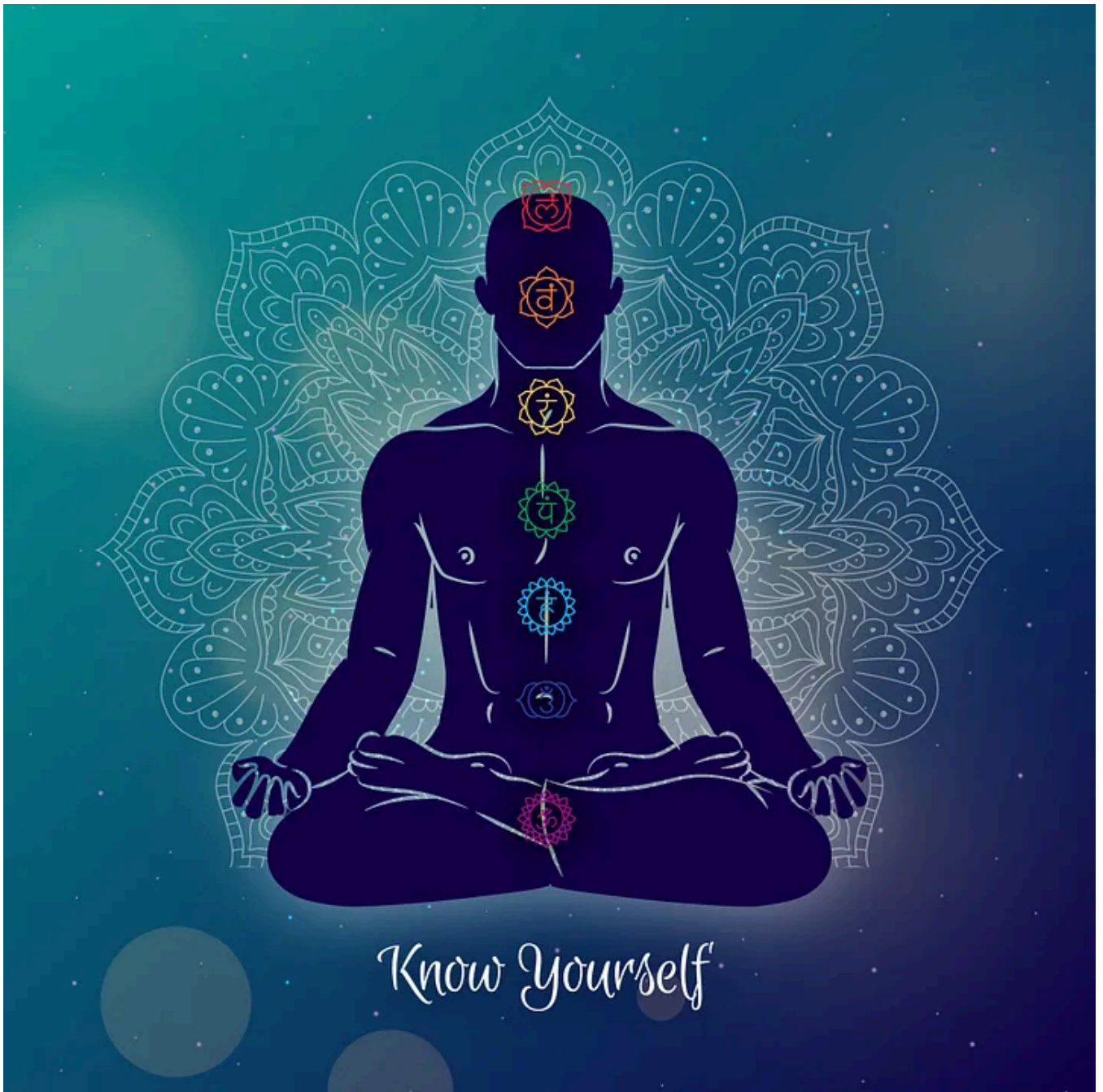
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Summary

- Prayer
- Yogic Sukshma Vyayama Practice
- Types of Body in Yoga
- Yogic Sukshma Vyayama Benefits
- Relaxation
- 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

We performed the following Yogic Sukshma Vyayama as a part of today's yogic practice session:

- Griva Shakti Vikasak Pose A, B, C (For Neck Region)
- Bhuj Balli Shakti Vikasak Pose A, B, C (For Fore-arms Region)
- Purna Bhuj Shakti Vikasak Pose A, B, C (For Whole Arms Region)
- Vaksha Sthal Vikasak Pose A, B (For Thoracic Region)
- Kati Shakti Vikasak Pose A, B (For Waist)
- Jangha Shakti Vikasak Pose (For Thigh)
- Pindali Shakti Vikasak Pose (For Calf Muscle)



Jangha Shakti Vikasaka



Pindali Shakti Vikasaka

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

There are a total of 48 yogic sukshma vyayama but we are covering only 7 for now. I will create a separate article on yogic sukshma vyayama in the future.

Types of Body in Yoga

There are 3 types of bodies we have:

- Gross Body (Physical Body)
- Subtle Body (Mind)
- Causal Body (Soul)

Yogic sukshma vyayama affects the subtle body while yogic sthula vyayama affects the gross body.

The subtle body has 17 senses which are divided further based on the following categories

5 Types of Gyan Senses

- Eyes (See)
- Ears (Listen)
- Tongue (Taste)
- Skin (Feel)
- Nose (Smell)

5 Types of Karma Senses

- Mouth (Speak)
- Hands ()
- Legs (Walk)
- Genital (Reproduce)
- Anus (Excretion)

5 Types of Prana Vayus

- Prana (Chest, Head)
- Apana (Pelvis)
- Samana (Navel)
- Udana (Throat)
- Vyana (Whole body)

Mind (Thinking)

Intellect (Decision Making)

Benefits of Yogic Sukshma Vyayama

The following are the benefits of yogic sukshma vyayama:

- Improve the body flexibility
- Very easy and simple to practice
- Improve blood circulation in the body
- Good warmup practice for doing various yoga poses
- Suitable for all age groups
- Helps to keep the body fit

Relaxation

After intensive yogic practice, we perform the “Shavasana” yoga pose to relax our body and mind.

What's Next?

In the next article, I will share the theoretical details of Yogic Sthula Vyayama, Surya Namaskar.

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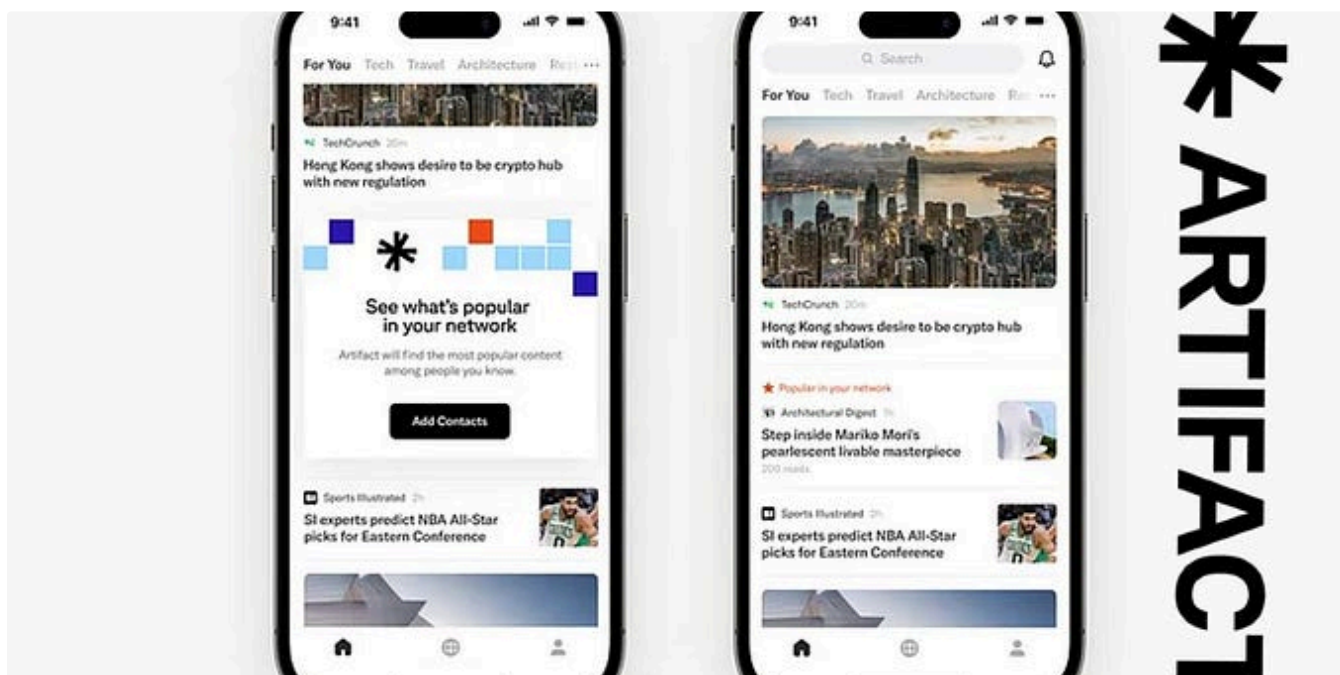
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