



# **Level 1 - Yoga Protocol Instructor (YPI)**

Complied by Yogesh Haribhau Kulkarni

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# **Yoga Certification Board (YCB) - Level 1 - Yoga Protocol Instructor (YPI)**

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## **Overview**

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#### **Yoga Protocol Instructor (YPI)**

- Credit points for certificate : 12 credits
- Total Marks : 200 (Theory: 60 + Practical: 140)

#### **Theory**

Unit	Name	Marks
1	Introduction to Yoga and Yogic Practices	20
2	Introduction to Yoga Texts	20
3	Yoga for Health Promotion	20
	Total	60

#### **Practical**

Unit	Name	Marks
1	Demonstration Skills	80
2	Teaching Skills	40
3	Application of knowledge	10
4	Field Experience	10
	Total	140

## **Theory**

### **Introduction to Yoga and Yogic Practices**

#### **Syllabus**

- 1.1 Yoga : Etymology, definitions, aim, objectives and misconceptions.
- 1.2 Yoga : Its origin, history and development.
- 1.3 Guiding principles to be followed by Yoga practitioners.
- 1.4 Principles of Yoga (Triguna, Antahkarana-chatushaya, Tri-Sharira/ Panchakosha).
- 1.5 Introduction to major schools of Yoga (Jnana, Bhakti, Karma, Patanjali, Hatha).
- 1.6 Introduction to Yoga practices for health and well being.
- 1.7 Introduction to Shatkarma: meaning, purpose and their significance in Yoga Sadhana.
- 1.8 Introduction to Yogic Sukshma Vyayama, Sthula Vyayama and Surya Namaskara.
- 1.9 Introduction to Yogasana: meaning, principles, and their health benefits.
- 1.10 Introduction to Pranayama and Dhyana and their health benefits.

#### **1.1 Yoga : Etymology, definitions, aim, objectives and misconceptions**

##### **Etymology of Yoga**

- Etymology: Study of word origins (शब्द व्युत्पत्ति शास्त्र).
- योग (Yoga) comes from the root युज् (Yuj), meaning “to join” or “unite” (युज संयोग).
- Union of जीवात्मा (individual self) with परमात्मा (universal self)—the merging of the apparent self with the true, limitless self.
- Union of "Body, Mind, and Spirit"—Yoga aims for spiritual perfection through mastery over body, senses, and mind.
- Panini's three connotations of युज (Yuj): Union (युजिर योगे), Focus (युज समाधौ, used in योगसूत्र), and Control (युज सैयमने).
- Yoga is both the goal (साध्य) and the means (साधना).

#### **Definitions of Yoga**

- पतञ्जलि योगसूत्र Patanjali Yoga Sutras: योगश्चित्तवृत्तिनिरोधः || १:२ || To block the patterns of consciousness is Yoga.
- Yoga Vasishtha योगवशिष्ठः : मनः प्रशमनोपायः योग इत्यभिधीयते | Yoga is called a skillful trick to calm down the mind.
- भगवद्गीता Bhagavad Gita:
  - योगस्थः कुरु कर्मणि सङ्कृ त्यक्ता धनञ्जय | सिद्धासिद्धाः समो भूत्वा समत्वं योग उच्यते || २:४८ || O Dananjaya, perform action being steadfast in Yoga, abandoning attachment and remaining equanimous in success and failure. Yoga is the equanimity of mind.
  - बुद्धियुक्तो जहातीह उभे सुकृतदुष्कृते | तस्माद्योगाय युज्यस्व योगः कर्मसु कौशलम् || २:५० || Endowed with wisdom of equanimity, cast off in this life both good and bad deeds. Thus, dedicate yourself to Yoga. Skill in Action is Yoga.
  - युक्ताहारविहारस्य युक्तवेष्टस्य कर्मसु युक्तस्वप्रावबोधस्य योगो भवति दुःखाः ॥६ .१ ७ ॥ Those who are temperate in eating and recreation, balanced in work, and regulated in sleep, can mitigate all sorrows by practicing Yog.
- Kathopanishad कठोपनिषद २/५/४: तां योगामिती मन्यते स्थिरमिन्द्रिय धारण् The state unperturbed when the senses are imprisoned in the mind, of this they say, it is Yoga.

#### **Aims/Objectives of Yoga**

- आहार Aahar, व्यवहार Vyavahar, आचार Achar, विचार Vichar, and विहार Vihar are pillars of yoga that are said to help you live a healthy and happy life.
- To cultivate Discipline and Self-Control.
- To improve Mental Focus and Concentration.
- To enhance Emotional Stability and Resilience.
- To promote Physical Fitness and Posture.
- To achieve Holistic Well-Being and Harmonious Living.
- लक्ष्यः स्वयं का आकलन, आत्मा से परमात्मा की यात्रा।
- उद्देश्यः सर्वांगीण विकास, सामंजस्य की स्थापना | मन, बुद्धि और चरित्र को शुद्ध बनाना।

#### **Misconceptions about Yoga**

- Yoga is only about physical postures (aasan आसन ).
- Yoga is a religion.
- Yoga requires flexibility.
- Yoga is just about relaxation.
- Yoga is a practice for only young people.
- धर्मः केवल हिंदुओं के लिए नहीं, बल्कि सार्वभौमिक ।
- व्यायामः केवल शारीरिक नहीं, बल्कि मानसिक और आध्यात्मिक भी ।
- चमत्कार/प्रदर्शन/सिद्धि प्राप्ति ।
- युवाओं के लिए ही नहीं, बल्कि सभी के लिए ।

#### **1.2 Yoga : Its origin, history and development**

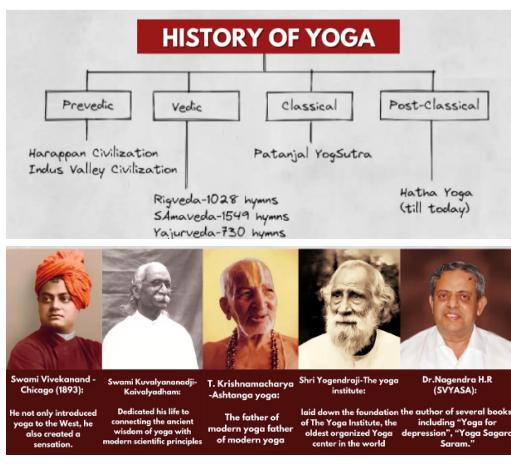
## Origin of Yoga

- Originated in ancient India around 5000 BCE.
- First mentions in the ऋग्वेद Rigveda and यजुर्वेद Yajurveda.
- One of the षट्दर्शन 6 Indian philosophical systems (दर्शन) like सांख्य Samkhya and वेदान्त Vedanta.
- Yogic Lore:  
In the Yogic lore, Lord Shiva is considered to be the first yogi or आदियोगी (Adiyogi), and the first Guru or आदि गुरु (Adi Guru).
- उत्पत्ति: हजारों वर्ष पहले, भारत में। शिव आदि योगी और गुरु। सप्तर्षियों द्वारा प्रसार।
- प्राचीन पुरातत्व अवशेषों से सिद्ध होता है कि सिंधु हड्प्पा संस्कृति में योग था, मुद्राएं और मूर्तियां थीं।
- साहित्य: “हिरण्यगर्भ योगस्य वक्ता मान्यः पुरातनः”, वेद, उपनिषद, दर्शन, बौद्ध, जैन परंपरा।
- पतंजलि योगसूत्र।

## Historical Development of Yoga

- Vedic Period (1500-500 BCE): Emphasis on मंत्रयोग (Mantra Yoga), प्राणयोग (Prana Yoga), and ध्यानयोग (Dhyana Yoga) as seen in the Rigveda.
- Pre-Classical Period (500-200 BCE): Emergence of Yoga in the Upanishads and early Yoga texts.
- Classical Period (200 BCE - 500 CE): Codification of Yoga in the Yoga Sutras by पतंजलि (Patanjali) and teachings in the Bhagavad Gita.
- Post-Classical/Medieval Period (500-1700 CE): Development of Hatha Yoga and Tantric traditions. Hatha Yoga emerged from Tantra Yoga, removing controversial practices.
- Modern Period (Post-1700): Revival-global spread of Yoga through Swami Vivekananda, Sri T. Krishnamacharya, B.K.S. Iyengar.
- वैदिकः १५०० इ पूर्व - ५०० इ पूर्व : सूर्यनमस्कार प्राणायाम , वेद, पाणिनी
- अवधीः ५०० इ पूर्व - २०० इ पूर्व : उपनिषद
- श्रेष्ठ अवधीः २०० इ पूर्व - ५००: पतंजली योगसूत्र , व्यास भगवद्गीता , महावीर पंचमहाव्रत, बुद्ध अष्टांगिक मार्ग
- पक्षातः ५०० - १७००: आदी शंकराचार्य , रामानुजाचार्य , माधवाचार्य, भक्तियोगी (कबीर, तुलसी), हट्योगी (नाथ संप्रदाय)
- आधुनिकः १७०० के बादः रमण महर्षी , विवेकानन्द, परमहंस योगानन्द, टी कृष्णमाचार्य, सत्यानन्द सरस्वती

## History of Yoga



## Key Texts and Influences

- Vaidik (वैदिक): Early ritualistic and philosophical foundations of Yoga.
- Upanishad (उपनिषद): Conceptual framework of Yoga, emphasizing self-realization.
- Patanjali Yogasutra (पतंजलि योगसूत्र): Systematization of Yoga philosophy through the eightfold path (अष्टांग योग).
- Bhagavad Gita (भगवद्गीता): Integration of Yoga into life and duty (कर्मयोग, भक्तियोग, ज्ञानयोग).
- Hatha Yoga Pradipika (हठयोग प्रदीपिका): Practical techniques and methods of Hatha Yoga.
- भारतीय दर्शनः
  - आस्तिक (वेद मानने वाले): न्याय (गौतम), वैशेषिक (कणाद), सांख्य (कपिल), मीमांसा (जैमिनी), योग (पतंजलि), वेदान्त (बादारायण)।
  - नास्तिक: जैन (महावीर), बौद्ध (गौतम बुद्ध), चार्वाक (बृहस्पति)।
- Samkhya Philosophy: Teaches dualism of Purusha (consciousness) and Prakriti (matter), two eternal principles.
- Gunas: All matter is composed of three gunas—सत्त्व (purity), रजस (activity), and तमस (inertia).
- Kaivalya (कैवल्य): Liberation is achieved by discerning Purusha from Prakriti, ending suffering caused by adhyatmic (internal), adhibhautic (external), and adhidaivic (cosmic) sources.

## Evolution of Yoga Practices

- Early practices centered on meditation and asceticism.
- Development of physical postures (आसन) in the medieval period.
- Integration of breath control (प्राणायाम) and energy channels (नाडी).
- Emergence of different styles: हठ योग, कुण्डलिनि योग, राज योग, and कर्म योग.
- Contemporary styles: विन्यास, अष्टांग, and Power Yoga.
- सूक्ष्म व्यायाम: Gentle exercises practiced before Yoga, introduced by स्वामी धीरेंद्र ब्रह्मचारी (गुरु: कार्तिकेय महाराज), to make the body flexible and prepared.
- स्थूल व्यायाम: Full-body exercises to energize and build strength.
- सूक्ष्म व्यायाम: हल्के, योगाभ्यास से पहले। स्वामी धीरेंद्र ब्रह्मचारी (गुरु: कार्तिकेय महाराज)। शरीर लचीला और तैयार होता है।
- सस्थूल व्यायाम: पूरे शरीर का, गति और शक्ति का संचार।

## 1.3 Guiding principles to be followed by Yoga practitioners

### Guiding Principles for Yoga Teachers Practitioners

- Preparation: Clean, ventilated space; check internet for online classes.
- Diet: Practice on an empty or light stomach for optimal प्राण शर्ती.
- Starting: Begin with a prayer or mantra.
- Posture Correction: Seek permission before touching for corrections.
- Verbal Cues: Provide clear, precise instructions; focus on breathing and alignment.
- Post-Practice: Avoid water, food, or shower for 40-60 minutes post-practice.
- Feedback: Allow time for feedback and discussion at the end.

### Guiding Principles for Yoga Practitioners By Swami Vishnudevananda

- Proper Exercise - aasan आसन
- Proper Breathing - pranayam प्राणायाम
- Proper Relaxation - shavasan शवासन
- Proper Diet - Vegetarian
- Positive Thinking and Meditation - vedant वेदान्त and dhyana ध्यान

# 1.4 Principles of Yoga (त्रिगुण Triguna, अन्तःकरण -चतुर्स्तय Antahkarana-chatustaya, त्रिशरिर TriSharira/ पञ्चकोष Panchakosha)

## Background Terms

### Understanding Key Concepts

- brahman ब्रह्मन् : Absolute reality—eternal, infinite, uncaused—source of existence, consciousness, and bliss (सत्‌चित्‌आनन्द).
- maaya माया: Cosmic illusion, creative power of ब्रह्मन्, which remains unaffected by creation.
- atman आत्मन्: The individual's Absolute reality, identical with ब्रह्मन्, unchanging essence.
- upaadhi उपाधि: Limiting adjunct, false identification with body and mind, creating the illusion of limitation.
- avidya अविद्या: Primordial ignorance, misidentification with उपाधि.
- jeev जीव: Apparent individual soul, identified with उपाधि, bound by illusion until realizing आत्मन्.
- ishwar ईश्वर: Personal God—ब्रह्मन् with माया—omniscient, omnipresent, creator, preserver, destroyer.
- purush पुरुषः: Pure consciousness, as explained in साङ्कृत्योग.
- prakruti प्रकृति: Material cause of creation, balance of three गुण, potential for creation (माया).

**Summary:** माया manifests as अविद्या, causing misidentification with उपाधि. जीव suffers until realizing its true nature as आत्मन्.

### त्रिगुण (Three गुण )

- sattva सत्त्व - Quality of purity, clarity, and harmony.
- rajas रजस - Quality of activity, movement, and restlessness.
- tamas तमस - Quality of inertia, darkness, and ignorance.
- Balance of गुण affects mental and emotional states.
- Goal: Cultivate सत्त्व for spiritual growth and peace.

### अन्तःकरण -चतुर्स्तय (Four Aspects of the Inner Instrument)

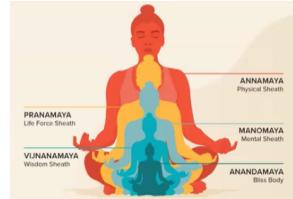
- manas मनस (Mind) - Handles thoughts and sensory perceptions.
- buddhi बुद्धि (Intellect) - Functions as the decision-making faculty.
- ahamkaar अहंकार (Ego) - Sense of individuality and self-identity.
- chitta चित्त (Memory) - Stores past experiences and impressions.
- Harmonizing these aspects aids in mental clarity and self-awareness.

### त्रिशरिर Tri-Sharira (Three Bodies)

- sthula sharir स्थूल शरीर (Gross Body) - Physical body made of elements.
- sukshma sharir सूक्ष्म शरीर (Subtle Body) - Includes mind, intellect, and ego.
- kaaran sharir कारण शरीर (Causal Body) - The essence of individuality and karma.
- Understanding these bodies aids in holistic self-realization.
- Goal: Achieve harmony among all three bodies for spiritual growth.

### पञ्चकोष (Five Sheaths)

- अन्नमय annamay कोष kosh (Food Sheath) - Physical body nourished by food.
- प्राणमय praanamay कोष kosh (Vital Air Sheath) - Energy body responsible for life force.
- मनोमय manomay कोष kosh (Mental Sheath) - Mind and emotional body.
- विज्ञानमय Vijnanamaya कोष kosh (Wisdom Sheath) - Intellect and discernment.
- आनन्दमय Anandamaya कोष kosh (Bliss Sheath) - True self, source of bliss and consciousness.
- Goal: Transcend the sheaths to realize the true self.



(Ref: Param Yoga)

### पञ्च महाभूत Pancha Maha Bhuta : Five Elements

- Akasha आकाश (Space/Ether)
- Vayu वायु (Air)
- Agni अग्नि (Fire)
- Jala जल (Water)
- Prithvi पृथ्वी (Earth)

#### Elemental Sequence :

- From आकाश (Akasha) comes वायु (Vayu)
- From वायु (Vayu) comes अग्नि (Agni)
- From अग्नि (Agni) comes जल (Jala)
- From जल (Jala) comes पृथ्वी (Prithvi)

### पञ्च महाभूत Pancha Maha Bhuta : Five Elements

#### Physical Properties and Functions :

Element	Space/Ether/Air	Fire	Water	Earth
Attributes	Light, Minute, Quick, Clear, Soft	Dry, Hot, Rough, Mobile, Cold, Minute, Clear	Heavy, Moist, Fluid, Slimy, Cold, Thick, Clear	Heavy, Rough, Solid, Massive, Firm, Hard
Role in the Body	Body cavities	Movement, Whole body pulsation, conduction	Whole body metabolism	All adhesions, joints

### तन्मात्र Tanmatras and Sense Organs

#### तन्मात्र Tanmatras : Fundamental/seed Elements

Element	Sanskrit Word	English Translation
Space/Ether	शब्द (Shabda)	Sound
Air	स्पर्श (Sparsha)	Touch
Fire	रूप (Rupa)	Shape/Visual/Light
Water	रस (Rasa)	Taste
Earth	गन्ध (Gandha)	Smell

#### पञ्च ज्ञानेन्द्रिय Pancha Jnanedriya: Five Sense Organs

Element	Sense Organ
Space/Ether	Ears
Air	Skin
Fire	Eyes
Water	Tongue
Earth	Nose

## पञ्च कर्मन्द्रिय Pancha Karmendriya : Five Action Organs

Element	Action Organ	Function
Space/Ether	Tongue	Speech
Air	Hand	Receiving and Holding
Fire	Feet	Movement
Water	Genitals	Reproduction
Earth	Anus	Discharging the waste

## सप्त धातु Sapta Dhatu : Seven Tissues

- रस Rasa - Plasma
- रक्त Rakta - Blood
- मांस Mamsa - Muscle
- मेद Meda - Adipose
- अस्थि Asthi - Bone
- मज्जा Majja - Bone Marrow
- शुक्र Shukra - Reproductive Tissues

### Function :

धातु (Dhatu) sustains and maintains the body, with each Dhatu providing nourishment to the next.

## त्रिदोष Tri Doshas : Three Constitutions

दोष Dosha	Properties
वात Vata	Dry, Light, Cold, Rough, Minute, Unsteady
पित्त Pitta	Unctuous, Hot, Sharp, Light, Bad Smell, Quick in movement, Liquid
कफ Kapha	Unctuous, Cold, Massive, Sluggish, Slippery, Soft, Steady

### दोष Dosha Meaning :

दोष (Dosha) means 'that which vitiates' and can be seen as a fault or imbalance in the cosmic rhythm.

## पञ्च प्राण Pancha Prana : Five Pranas in the Body

- प्राण (Prana): Head to navel.
- अपान (Apana): Navel to मूलाधार चक्र (Muladhara chakra).
- उदान (Udana): Navel to head.
- समान (Samana): In the navel region.
- व्यान (Vyana): Circulates throughout the body.

### उपप्राण (Upapranas):

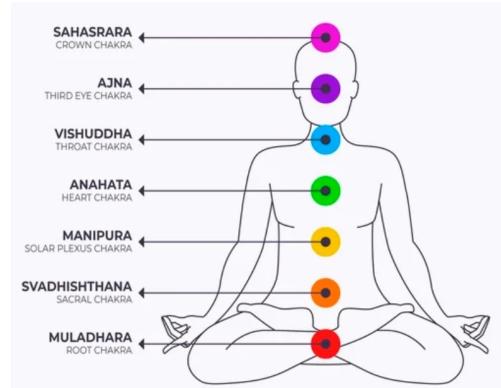
- नाग (Naga): Hiccups, burps.
- कुर्म (Kurma): Eye blinking.
- क्रक्कल (Krikal): Hunger, thirst, sneezing, coughing.
- देवदत्त (Devadatta): Yawning, drowsiness.
- धनञ्जय (Dhananjaya): Lingering after death.

## प्राण Pranas



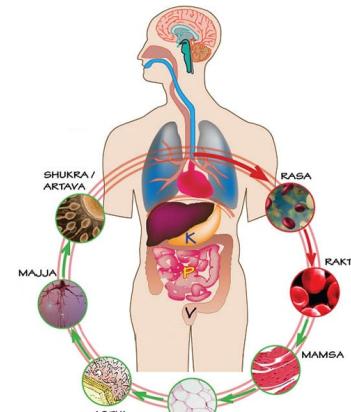
(Ref: Raja Yoga Rishikesh)

## चक्र Chakras



(Ref: Raja Yoga Rishikesh)

## धातु Dhatus



(Ref: Param Yoga)

## 1.5 Introduction to major schools of Yoga (ज्ञान Jnana, भक्ति Bhakti, कर्म Karma, पतञ्जलि Patanjali, हठ Hatha)

### Philosophic Schools in Ancient India

#### Types of Schools (दर्शन Darshana):

- आस्तिक दर्शन Astik Darshana - Schools that follow the Vedas. (वेद प्रमाण) : ज्ञाय (गीतम), वैरेण्यिक (कणाद), सांख्य (कपिल), मीमांसा (जैमिनी), योग(पतञ्जली), वैदानं (बादरायण)
- नास्तिक दर्शन Nastik Darshana - Schools that do not follow the authority of the Vedas नास्तिक : जैन (महावीर), बौद्ध , चार्वाक (बृहस्पती)

#### Paths of Yoga :

- ज्ञान योग Jnana Yoga
- भक्ति योग Bhakti Yoga
- कर्म योग Karma Yoga
- राज योग Raja Yoga
- हठ योग Hatha Yoga
- मंत्र योग Mantra Yoga

## ज्ञान योग Jnana Yoga: Yoga of Wisdom

Definition: ज्ञान योग Jnana Yoga is the path of self-realization through discerning the real from the unreal. It is a non-dualistic path that encourages the separation of the real from the illusory.

Three Stages of ज्ञान योग Jnana Yoga Practice :

- श्रवण Sravana - Listening or absorbing instructions
- मनन Manana - Reflection or contemplation involving reasoning
- निधिध्यासना Nidhidhyasana - Repeated meditation and implementation of convictions

साधना चतुर्स्तय Sadhana Chatustaya:

- मनस Manas - Mind
- बुद्धि Buddhi - Intellect
- चित्त Chitta - Consciousness
- अहंकार Ahamkara - Ego

FOURFOLD साधना Sadhana of the student in the path of ज्ञान योग Jnana Yoga consists of विवेक Viveka, वैराग्य Vairagya, शद्भूतं Shadshampat or sixfold virtues and मुमुक्षुत्व Mumukshutva or strong yearning for liberation. Sixfold path is विवेक Viveka, वैराग्य Vairagya, साम Sama, दाम Dama, उपरति Uparati, तितिक्षा Titiksha, श्रद्धा Sraddha and समाधान Samadhana !

## भक्ति योग Bhakti Yoga: Yoga of Devotion

Definition: Bhakti Yoga is the path of unconditional love for God, emphasizing devotion and the union of the lover (the yogi) with the beloved (the Divine).

Key Text: नारद भक्ति सूत्र (Narada Bhakti Sutra) - Discusses the nature of भक्ति Bhakti and its connection to प्रेम Prema (divine love).

Techniques of भक्ति योग Bhakti Yoga :

- श्रवण (shravan) : परिक्षित parikshit
- कीर्तन (kirtan) : मिराबाई mirabai, नारदमुनि narad muni (most important)
- स्मरण smaran : प्रल्हाद pralhad
- पादसेवनम् पादुका padsevan paduka : भरत bharat
- अर्चनम् (archanam) : एकलव्य ekalavya
- दास्य (dasya) : हनुमान hanuman
- सख्य (sakhya) : sudama सुदामा
- आत्म निवेदनम् (aatma nvedan) : bali raaja बाली राजा

Types of भक्त भक्तas (Devotees) in भगवद्गीता Bhagavad Gita:

- आर्त Arta - Distressed
- अर्थार्थी Artharthee - Desirer of wealth
- जिज्ञासु Jidnasu - Inquisitive
- ज्ञानी Jnani - Knowledgeable

## कर्म योग Karma Yoga: Yoga of Action

- Definition: Karma Yoga is the path of union through action. It is practiced by those with an outgoing or action-oriented nature. The key is to act selflessly, without personal gain or reward, and to offer the fruits of your actions to God.
- Core Principles of Karma Yoga (According to भगवद्गीता Bhagavad Gita) :

1. Work with a sense of duty.
  2. Work without intense attachment to the outcome.
  3. Do not let anxieties about results disturb your mind during the task.
  4. Accept both failure and success with equanimity.
- Objective: To sublimate the ego and achieve selfless devotion in all actions.

## राज योग Raja Yoga: The Royal Yoga

- Definition: Raja Yoga, meaning "royal" or "kingly" Yoga, is considered the culmination of all paths of Yoga. It represents the ultimate state of Self-realization.
- Significance: According to Swatmarama in the हठयोग प्रदीपिका (Hatha Yoga Pradipika), Hatha Yoga serves as a staircase leading to Raja Yoga. Raja Yoga may not refer to a specific form of Yoga but to the ultimate state of Self-realization.
- Objective: To achieve cessation of mental modifications and restore the Real Self to its pristine purity, as emphasized by Patanjali.
- Focuses on the eight limbs of Yoga (अष्टांग Ashtanga Yoga).
- Major text: Yoga Sutras of Patanjali.
- Yogasutra/Rajayoga focuses on mental, Hathayoga focuses on physical

## हठ योग Hatha Yoga: The Physically Oriented Yoga

- Originates from Tantra, physically focused.
- Emphasizes purification (Shodhana Kriyas/Shat Kriyas, शोधन क्रिया/षट्क्रिया), unlike Yamas (यम) and Niyamas (नियम) of Ashtanga Yoga.
- Core texts:
  - Hatha Yoga Pradipika (हठयोगप्रदीपिका) by Swatmarama
  - Gheranda Samhita (घेरंड संहिता) by Sage Gheranda
  - Goraksha Samhita (गोरक्ष संहिता) by Gorakshanath
  - Shiv Samhita, Yoga Rathnavali, Yoga Taravali, etc.
- "Hatha" (हठ) combines "ha" (ह - sun, सूर्य) and "tha" (ठ - moon, चन्द्र), uniting opposites.
- Sun: Heat, masculinity, effort; Moon: Coolness, femininity, surrender.
- Hatha Yoga balances opposites, fostering self-discovery.
- Misconception: "Hatha" is not stubbornness; it symbolizes union.
- Hatha Pradipika (हठयोगप्रदीपिका): Describes union of Pingala Nadi (पिंगला नाड़ी - sun) and Ida Nadi (इडा नाड़ी - moon), awakening Kundalini (कुण्डलिनी). Kundalini travels through Sushumna Nadi (सुषुमा नाड़ी), crosses six Chakras (चक्र), unites with Brahman (ब्रह्मन्) at Sahasrara (सहस्रार).
- Union of Atma (आत्मा) and Paramatma (परमात्मा), leading to enlightenment.
- Goal: Control body and mind for spiritual growth.

## मंत्र योग Mantra Yoga: The Chanting oriented Yoga

- Mantra Yoga is the Yoga of sound.
- The word mantra मंत्र is derived from "man" (mind, मन) and "tra" (to protect, तर्).
- Mantra means that which protects the mind . मननात्रायते इति मंत्रः
- A mantra is a sacred utterance or sound charged with psycho-spiritual power.
- Mantra Yoga uses sound to achieve deep meditation and invoke specific states of consciousness.
- The power of the mantra is realized through Mantra Yoga.
- The most important and recognized mantra is the sound of Om (ॐ).
- OM is referred to as the mahamantra (महामंत्र), the greatest of all mantras.

## 1.6 Introduction to Yoga practices for health and well being

### Principles of Yoga Life

योग्य जीवन के पांच पादाव

- व्यायामः: आसन
- श्वासः: प्राणायाम
- आराम : शावासन
- अन्नः: शाकाहारी
- सकारात्मक विचार, ध्यान

## Health: Meaning and Definition

World Health Organization (WHO) Definition:

Health is defined as a state of complete physical, mental, social, and spiritual well-being and not merely the absence of disease or infirmity.

Sanskrit Definition:

The Sanskrit word for health is स्वास्थ्य (Swasthya), derived from स्व (Swa) meaning "Self" and स्थ (Stha) meaning "abiding." Thus, Swasthya can be translated as "Abiding in one's own Self," reflecting the true nature of every being as सत्-चित्-आनन्द (Sat-Chit-Ananda) or being-Consciousness-Bliss.

Health according to Yoga:

- Relaxed Muscles
- Loose joints to conserve energy
- Low metabolic rate
- Efficient utility of energy by the body
- Coordinated functioning of organ systems even under stress

## Strength and Balance in Yoga

Strength:

- Yoga poses such as नौकासन (Naukasana), उत्कटासन (Utkatasana), and भुजंगासन (Bhujangasana) develop muscle strength similarly to traditional exercises like push-ups, lunges, or squats.

Balance:

- Balance is crucial for fitness and is often overlooked in traditional gym routines.
- Yoga poses such as वृक्षासन (Vrikshasana or Tree Pose) teach practitioners to stay firm on one leg, enhancing overall balance and fitness for daily activities.

## Joint Mobility and Yogic View of Health

Joint Mobility:

- Many Yoga poses require moving joints in ways different from linear activities like walking or running.
- This practice improves the overall range of motion and helps prevent injuries, reducing stiffness and pain.

Yogic View of Health:

- श्वेताश्वर उपनिषद् (Shvetasvatara Upanishad): Health in Yoga is characterized by lightness of body, health, a desireless mind, clarity of complexion, a beautiful voice, an agreeable odor, and minimal excretions.
- Patanjali's योग दर्शन (Yoga Darshan): Attributes of a perfect body include beauty, gracefulness, strength, and adamantine hardness. Deep concentration and mastery of सामान वायु (Samana Vayu) lead to radiant effulgence.

## Yoga Practices for Holistic Well-Being

- Physical Health
  - Asanas (आसन) - Enhance flexibility, strength, and balance.
  - Pranayama (प्राणायाम) - Improves lung capacity and energy flow.
  - Shavasana (शवासन) - Promotes relaxation and recovery.
  - Kriyas (क्रिया) - Detoxify and purify the body.
  - Bandhas (बन्धाः) (Body Locks) - Support internal organ function and stability.
- Mental Well-Being
  - Meditation (Dhyana) - Reduces stress and enhances focus.
  - Mindfulness - Increases present-moment awareness.
  - Mantra Chanting - Provides mental clarity.
- Emotional Balance
  - Bhakti Yoga - Cultivates emotional connection and devotion.
  - Gratitude Practice - Enhances positive emotional states.
- Overall Well-Being
  - Balanced Routine - Integrate yoga into daily life.
  - Personalized Practice - Adapt practices to individual needs.

## 1.7 Introduction to Shatkarma (षटकर्म): meaning, purpose and their significance in Yoga Sadhana (योग साधना)

### Introduction to षटकर्म Shatkarma

- षटकर्म Shatkarma - Six purification techniques in Yoga.
- Purpose - Remove toxins, enhance vitality, and stabilize the mind.
- Integration - Facilitates deeper Yoga practices and spiritual growth.
- Health Benefits - Improves digestion, detoxifies, and boosts immunity.
- Mental Clarity - Reduces stress and mental clutter.
- Spiritual Preparation - Prepares for higher states of consciousness.
- Holistic Cleansing - Addresses physical, mental, and energetic levels.

### Overview of Shatkarma (षटकर्म) Techniques

- Kapalabhati (कपालभाती) - Skull Shining Breath for clearing nasal passages and energizing.
- Neti (नेति) - Nasal cleansing with water or saline solution.
- Basti (बस्ति) - Colonic cleansing to remove toxins from the intestines.
- Dhauti (धौति) - Cleansing of the digestive tract through various methods.
- Trataka (त्राटक) - Concentrated gazing to improve focus and cleanse the eyes.
- Nauli (नौलि) - Abdominal massage to stimulate digestion and balance energy.

## 1.8 Introduction to Yogic Sukshma Vyayama (सूक्ष्म व्यायाम), Sthula Vyayama (स्थूल व्यायाम) and Surya Namaskara (सूर्य नमस्कार)

### Introduction to सूक्ष्म Sukshma and स्थूल Sthula व्यायाम Vyayama

- सूक्ष्म Sukshma व्यायाम Vyayama - Subtle exercises for body and mind.
- Enhances Mobility - Improves joint flexibility and reduces stiffness.
- Calms Mind - Prepares for focused practice and increases energy flow.
- स्थूल Sthula व्यायाम Vyayama - Gross exercises for building strength and endurance.
- Boosts Fitness - Enhances cardiovascular health and overall physical fitness.
- Supports Weight Management - Aids in maintaining a healthy weight.
- Comprehensive Practice - Combines both subtle and gross exercises for balanced fitness.

### Introduction to Surya Namaskara (सूर्य नमस्कार)

- Surya Namaskara (सूर्य नमस्कार) - Sun Salutation, a dynamic series of 12 postures.
- Purpose - Honoring the Sun and its energy.
- Integrates - Movement, breath, and intention for holistic practice.
- Improves Flexibility - Stretches and tones muscles.
- Boosts Circulation - Enhances blood flow and energy levels.
- Balances Mind - Calms the mind and prepares for meditation.
- Energizes Body - Invigorates and revitalizes overall health.

## 1.9 Introduction to Yogasana (योगासन) : meaning, principles, and their health benefits

### Introduction to Yogasana

- Yogasana - Physical postures aimed at harmonizing body and mind.
- Principles - Alignment, breath awareness, balance, stability, and mindfulness.
- Health Benefits - Improves flexibility, builds strength, enhances posture, and boosts circulation.
- Reduces Stress - Calms the mind, promotes mental clarity, and improves digestion.

## 1.10 Introduction to Pranayama (प्राणायाम) and Dhyana (ध्यान) and their health benefits

### Introduction to Pranayama

- Pranayama - Breath control practice to regulate and expand life energy.
- Integrates - Breath with postures and meditation for holistic practice.
- Improves Lung Capacity - Enhances respiratory efficiency and endurance.
- Balances Nervous System - Regulates stress, anxiety, and emotional responses.
- Calms Mind - Promotes relaxation, enhances concentration, and aids detoxification.

### Introduction to Dhyana

- Dhyana - Meditation for focused attention and mental stillness.
- Purpose - Achieve mental clarity, higher consciousness, and inner peace.
- Reduces Stress - Lowers cortisol, promotes relaxation, and balances blood pressure.
- Enhances Focus - Improves attention span, emotional well-being, and self-awareness.
- Promotes Inner Peace - Fosters calm, supports mental health, and aids self-realization.

## Introduction to Yoga Texts

### Syllabus

- 2.1 Introduction and study of Patanjala Yoga Sutra including memorization of selected Sutras (Chapter I- 1-12).
- 2.2 Introduction and study of Bhagavad Gita including memorization of selected Slokas (Chapter II -47, 48, 49, 50 and 70).
- 2.3 Introduction and study of Hathapradipika.
- 2.4 General Introduction to Prashanatrayee.
- 2.5 Concepts and principles of Aahara (Diet) in Hathapradipika and Bhagawadgita (Mitahara and Yuktaahara).
- 2.6 Significance of Hatha Yoga practices in health and well being.
- 2.7 Concept of mental wellbeing according to Patanjala Yoga.
- 2.8 Yogic practices of Patanjala Yoga: Bahiranga and Antaranga Yoga.
- 2.9 Concepts of healthy living in Bhagwad Gita.
- 2.10 Importance of subjective experience in daily Yoga practice.

## 2.1 Introduction and study of Patanjala Yoga Sutra (पातंजल योग सूत्र) including memorization of selected Sutras (Chapter I- 1-12)

### Muni Patanjali (मुनी पतंजलि)

- Birth shrouded in mystery, several legends.
- One legend: Pat (fallen) + Anjali (hands) - baby snake fell from sky into yogi woman's hands, turned into baby Patanjali.
- Another: Born to Atri (आत्रि) and Anusuya (अनुसुया), incarnation of Adishesha (आदीशेष).
- Lived between 400 BCE – 200 CE; some suggest 2nd to 5th century BCE.
- Also known as Naganath (नागनाथ), Gonika Putra (गोनिका पुत्र), Phani Bhrt (फणि भर्त).
- Physician, grammarian, compiled Yoga Sutra (योग सूत्र).
- Raja Bhoj (राजा भोज) got the sutras written.

### Patanjali's Yoga Sutra Overview

- Divided into four chapters:
  - Samadhi Pada (समाधिपाद) : Describes the goal of life and nature of Samadhi (समाधि).
  - Sadhana Pada (साधनपाद) : Explains practices to achieve the goal, including the Eight Limbs of Yoga.
  - Vibhuti Pada (विभूतिपाद) : Discusses supernatural powers (Siddhis सिद्धि) gained through practice.
  - Kaivalya Pada (कैवल्यपाद) : Centers on liberation or Moksha (मोक्ष), the ultimate freedom.

### Yoga Sutras: Samadhi Pada (समाधि पाद)

- First chapter of the Yoga Sutras (योग सूत्र), 51 sutras
- Focuses on the nature and aim of Yoga
- Introduces key concepts like Citta (चित्त) (mind-stuff) and 5 Vrittis (वृत्तियाँ) (mental modifications)
- Defines Yoga as "Yogas citta vrtti nirodhah" (योगस चित्त वृत्ति निरोध) (cessation of mind fluctuations)
- Abhyasa (अभ्यास) (Practice)
- Vairagya (वैराग्य) (Detachment)
- Antarayas (अन्तराय) (obstacles on the path of Yoga)
- Sahabhas (सहभव) (accomplishments)
- Chitta Prasadana (चित्त प्रसादना)
- Describes various forms of Samadhi (समाधि) (meditative absorption), Samprajñata (संप्रज्ञात) and Asamprajñata (असंप्रज्ञात)

### Definition of Yoga (योग) and Patanjali's Ashtanga Yoga (पातंजल अष्टांग योग)

- Chitta: The mind or mind stuff, of sanskara (संस्कार) (past life experience)
- Vritti: (वृत्ति) Modifications or fluctuations of the mind .
- Nirodhah : (निरोधः) Cessation or control of mind modifications.
- Basis: Yoga Darshana (योग दर्शन) is based on this aphorism.
- Ashtanga Yoga: (अष्टांग योग) Propounded by Patanjali as the Royal (Kingly) path.
- Supreme Yoga: Incorporates fundamental tenets of other Yoga systems (Jnana (ज्ञान), Bhakti (भक्ति), Karma (कर्म), Hatha (हठ), Mantra (मंत्र)).

## Aim of Patanjali's Ashtanga Yoga and Concept of Chitta

- Aim: Kaivalya (liberation) through mind management.
- Focus: Concentration to end all suffering.
- Chitta: Four aspects:
  - चित् (Chitta): Storehouse of Samskaras
  - बुद्धि (Buddhi): Decision-making
  - अहंकार (Ahamkara): Ego
  - मनस् (Manas): Synthesizing faculty

## Chitta Bhumi and Chitta Levels

- Chitta Bhumi: Five states:
  - क्षिप्त (Kshipta): Scattered (Rajasic)
  - मूढ (Mudha): Dull (Tamasic)
  - विक्षिप्त (Vikshipta): Occasionally centered (Rajasic)
  - एकाग्रता (Ekagrata): One-pointed (Sattvic)
  - निरुद्ध (Niruddha): Suspended mental activity (Sattvic)
- Chitta Levels in Yoga: Ekagrata and Niruddha lead to Samadhi.

## Chitta-Vrittis

- प्रमाणविपर्ययविकल्पनिद्रास्मृतयः: (1.6)
- Five modifications of mind (Vrittis):
  - प्रमाण (Pramana): Knowing correctly
  - विपर्यय (Viparyaya): Incorrect knowledge
  - विकल्प (Vikalpa): Fantasy or imagination
  - निद्रा (Nidra): Deep sleep
  - स्मृति (Smriti): Recollection of memory

## Pramana and Viparyaya

- Pramana: Sources of right knowledge
  - प्रत्यक्ष (Pratyaksha): Direct cognition
  - अनुमान (Anumana): Inference
  - आगम (Agama/Shabda): Testimony, revelation by Guru
- Viparyaya: Misconception, incorrect knowledge
- विपर्ययो मिथ्याज्ञानमतद्वप्रतिष्ठम् (1.8)
- False knowledge not based on its own form

## Vikalpa, Nidra, and Smriti

- Vikalpa: Unfounded belief
- शब्दज्ञानानुपाती वस्तुशून्यो विकल्पः: (1.9)
- Knowledge through words but empty of an object is fantasy
- Nidra: State of deep sleep
- अभावप्रत्ययालम्बना वृत्तिनिद्रा (1.10)
- Vritti of absence of mental contents for support
- Smriti: Memory
- अनुभूतिविषयसंप्रमोषः स्मृतिः: (1.11)
- Not letting experienced objects escape from the mind

## Vrittis and Chitta-Vritti Nirodhopaya

- Vrittis: Mental responses; ego misidentifies with thought waves, causing misery.
- Nirodhopaya: Control thought waves for enlightenment.
- Key Practices:
  - Abhyasa (अभ्यास) - Persistent practice.
  - Vairagya (वैराग्य) - Non-attachment.
  - Practice: Discipline, diet, प्राणायाम Pranayama, आसन Asana, meditation.
- Key Principle: Practice must be long, uninterrupted, sincere, and firmly rooted.

## Kleshas and Their Management

- Kleshas: Causes of pain
- अविद्यास्मितारागद्वेषाभिनिवेशः: (2.3)
- 1. Avidya: Ignorance (अविद्या)
- 2. Asmita: Egoism (I-am-ness) (अस्मिता)
- 3. Raga: Attachment (Liking) (राग)
- 4. Dvesha: Aversion (Disliking) (द्वेष)
- 5. Abhinivesha: Fear of death (Clinging to life) (अभिनिवेश)

• अविद्या is the root of other Kleshas

- Degrees of manifestation:

- Prasupta: Dormant (प्रसुप्त)
- Tanu: Weak (तनु)
- Vichhina: Oscillating (विच्छिन्न)
- U dara: Abundant (उद्भव)

- Managing Kleshas:

- Kriya Yoga (Tapa, Swadhyaya, Ishwara Pranidhana) (तपः, स्वाध्याय, ईश्वरप्रणिधान)
- Dhyana (Meditation) (ध्यान)
- Pratiprasava (Involution) (प्रतिप्रसव)

## Concept of Ishwara and Ishwara Pranidhana

- ईश्वरप्रणिधानादा (1.23)
- Devotion to Ishwara leads to Samadhi
- क्लेशकर्मविपाकाशयैरपरामृष्टः पुरुषविशेष ईश्वरः: (1.24)
- Ishwara: Special soul, untouched by afflictions
- तत्र निरतिशयं सावर्ज्जबीजम् (1.25)
- Ishwara: Seed of limitless omniscience
- स पूर्वोर्षमपि गुरुः कालेनानवच्छेदात् (1.26)
- Ishwara: Guru of all ancient gurus

## Concept of Ishwara and Ishwara Pranidhana (contd.)

- तस्य वाचकः प्रणवः: (1.27)
- AUM denotes Ishwara
- तत्त्वप्रस्तदर्थभावनम् (1.28)
- Recite AUM with understanding
- ततः प्रत्यक्षेतनिधगमोऽप्यन्तरायाभावश्च (1.29)
- Practice turns consciousness inward, removes obstacles
- Ishwara: Not a religious god, Yoga: Not a religion
- Ishwara Pranidhana: Complete surrender to Ishwara
- Optional technique in Kriya Yoga (तपः, स्वाध्याय, ईश्वरप्रणिधान)
- Key to overcoming ego, leading to Samadhi

## Yoga Sutras: Sadhana Pada (साधन पाद)

- Second chapter of the Yoga Sutras (योग सूत्र), 55 sutras
- Outlines the practice (Sadhana - साधना) of Yoga
- Introduces Kriya Yoga (क्रिया योग): Tapas (तपस) (discipline), Svadhyaya (स्वाध्याय) (self-study), Ishwara Pranidhana (ईश्वर प्रणिधान) (surrender to the divine)
- Describes the five Kleshas (क्लेश) (afflictions)
- Introduces the eight limbs of Yoga (Ashtanga Yoga - अष्टांग योग)

## **Yoga Sutras: Vibhuti Pada (विभूतिपाद)**

- Third chapter of the Yoga Sutras (योग सूत्र), 55 sutras
- Focuses on the supernormal powers (Vibhutis - विभूति) that may arise from yoga practice
- Describes various forms of Samyama (संयम) - controls (combination of concentration, meditation, and Samadhi (समाधि))
- Warns against attachment to these powers, siddhis (सिद्धि)
- Emphasizes the importance of discernment and detachment

## **Yoga Sutras: Kaivalya Pada (कैवल्य पाद)**

- Fourth and final chapter of the Yoga Sutras (योग सूत्र), 34 sutras
- Describes Kaivalya (कैवल्य) (liberation), the ultimate goal of Yoga
- Dharmamegha Samadhi (धर्ममेघ समाधि)
- Pratiprasava (प्रतिप्रसव), journey of return

## **Ashtanga Yoga (Eight Limbs of Yoga)**

- Yama (यम): Social constraints (e.g., अहिंसा (Ahimsa), सत्य (Satya), अस्तेय (Asteya)).
- Niyama (नियम): Personal constraints (e.g., शौच (Shaucha), संतोष (Santosha), तप (Tapas)).
- Asana (आसन): A posture that is steady and comfortable.
- Pranayama (प्राणायाम): Control of breath (modifications of inhalation, exhalation, and breath retention).
- Pratyahara (प्रत्याहार): Withdrawal of senses from external objects.
- Dharana (धारणा): Concentration on a single object.
- Dhyana (ध्यान): Meditation, uninterrupted flow of thoughts towards an object.
- Samadhi (समाधि): A transcendental state of being one with the object.

## **Key Concepts in Yoga Sutra**

- Viveka Khyati (विवेकख्याति): Discriminative knowledge between Purusha (पुरुष) (consciousness) and Prakriti (प्रकृति) (matter).
- Chitta Vrittis (चित्तवृत्तियाँ): Modifications of the mind (right knowledge, misconception, imagination, sleep, memory).
- Kleshas (क्लेश): Afflictions causing suffering (Avidya (अविद्या), Asmita (अस्मिता), Raga (राग), Dvesha (द्वेष), Abhinivesha (अभिनिवेश)).
- Chitta Bhumi (चित्तभूमि): States of mind ranging from dull to one-pointed focus.

## **Chitta Prasadananam and Other Concepts**

- Chitta Prasadananam (चित्तप्रसादनम): Cultivating a peaceful mind through four attitudes:
  - Maitri (मैत्री): Friendliness towards the happy.
  - Karuna (करुणा): Compassion towards the unhappy.
  - Mudita (मुदिता): Gladness towards the virtuous.
  - Upeksha (उपेक्षा): Indifference towards the wicked.
- Ishvara Pranidhana (ईश्वरप्रणिधान): Complete surrender to the Supreme (Universal Power).
- Kriya Yoga (क्रियायोग): Practice combining Tapas (तप), Svadhyaya (स्वाध्याय), and Ishvara Pranidhana (ईश्वरप्रणिधान) to reduce Kleshas and achieve Samadhi.

## **Key Verses of Yoga Sutra**

- अथ योगानुशासनम् ॥ १ . १ ॥ - Introduction to Yoga and its practice.
- योगिश्चत्तवृत्तिनरोधः ॥ १ . २ ॥ - Yoga is controlling mental fluctuations.
- तदा द्रष्टुः स्वरूपेऽवस्थानम् ॥ १ . ३ ॥ - Perceiver returns to true self.
- वृत्तसारालिप्यमतरत्र ॥ १ . ४ ॥ - Mental states conform to thoughts.
- वृत्तः पञ्चतयः क्लिष्टाद्क्लिष्टाः ॥ १ . ५ ॥ - Five types, painful - non-painful.
- प्रमाणिविपरीयिवकल्पिनदासमृतयः ॥ १ . ६ ॥ - Types: perception, error, imagination, sleep, memory.
- प्रत्यक्षानुमानगमाः प्रमाणानि ॥ १ . ७ ॥ - Sources of valid knowledge: direct perception, inference, testimony.
- विपरीयो मिथ्याज्ञानमतदूपप्रतिष्ठम् ॥ १ . ८ ॥ - Incorrect knowledge is based on false information.
- शब्दज्ञानानुपाती वस्तुशून्यो विकल्पः ॥ १ . ९ ॥ - Imagination is based on words without reality.
- अभावप्रत्यालम्बना वृत्तिनिद्रा ॥ १ . १० ॥ - Sleep is absence of objective awareness.
- अनुभूतिवषयासंप्रमोषः स्मृतिः ॥ १ . ११ ॥ - Memory is retention of experienced impressions.
- अभ्यासवैराग्याभ्यां तत्रिरोधः ॥ १ . १२ ॥ - Control of mental states through practice and detachment.

## **Summary of Patanjali Yoga Sutra (पातंजल योग सूत्र)**

- Yoga Meaning: Derived from 'Yuj' (युज) – union and concentration.
- Union Aspect: Integration of body, mind, and spirit.
- Concentration Aspect: Yoga as focused awareness and ultimate goal.
- Definition: "Yogah cittavrtti nirodhah" (योगः चित्तवृत्ति निरोधः) - Stoppage of mental modifications.
- Vrittis: Mental modifications or thought waves (वृत्ति).
- Goal: Liberate from suffering and cycle of rebirth by controlling vrittis (वृत्ति).
- Samadhi: Ultimate limb of Ashtanga Yoga (अष्टांग योग), representing deep concentration.
- Mind Functions: Misery arises from false identification at the mental level.

## **2.2 Introduction and study of Bhagwad Gita including memorization of selected Shlokas (Chapter 2 - 47,48,49,50 and 70)**

### **Introduction to Bhagavad Gita (भगवद गीता)**

- Bhagavad Gita (भगवद गीता): 700-verse scripture, part of the Mahabharata (महाभारत).
- Dialogue between Arjuna (अर्जुन) and Krishna (कृष्ण) on the कुरुक्षेत्र Kurukshetra battlefield.
- Central themes: Duty (Dharma - धर्म), righteousness, and spiritual wisdom.
- Addresses Arjuna's moral and philosophical dilemmas.
- A revered philosophical and spiritual text in Hinduism.

### **Chapter 2: Selected Shlokas**

- Verse 47 (Karma Yoga) -
 

कर्मण्येवाधिकारस्ते मा फलेषु कदाचन । मा कर्मफलहेतुर्भूमा ते सङ्कोऽस्त्वकर्मणि ॥
- Verse 48 (Karma Yoga) -
 

योगस्थः कुरु कर्माणि सङ्कु त्यक्ता धनञ्जय । सिद्ध्वसिद्धोः समो भूत्वा समत्वं योग उच्यते ॥
- Verse 49 (Karma Yoga) -
 

यस्त्वन्दिद्याणि मनसा नियाम्यारभते नरः । मुक्तते तस्य योगिनोऽन्यः ॥
- Verse 50 (Karma Yoga) -
 

ब्रह्मण्याधाय कर्माणि सङ्कु त्यक्ता धनञ्जय । सिद्ध्वसिद्धोः समो भूत्वा समत्वं योग उच्यते ॥
- Verse 70 (Self-Realization) -
 

अपण्यत तु तद्वृत्तमन्तरायामुक्तं सदा तन्मया न संशय ॥

## Study of Bhagavad Gita: Key Themes

- Dharma (धर्म) - The concept of duty and righteousness.
- Karma Yoga (कर्म योग) - Path of selfless action and duty.
- Bhakti Yoga (भक्ति योग) - Path of devotion and love towards God.
- Jnana Yoga (ज्ञान योग) - Path of knowledge and wisdom.
- Self-Realization - Understanding the true nature of self and existence.

## Memorization of Selected Shlokas

- Verse 47 (Karma Yoga) - कर्मण्येवाधिकारस्ते मा फलेषु कदाचन । मा कर्मफलहेतुर्मूर्ति ते सङ्गोऽस्त्वकर्मणि ॥
- Verse 48 (Karma Yoga) - योगस्थः कुरु कर्मणि सङ्गं त्यक्ता धनञ्जय । सिद्ध्यसिद्धोः समो भूत्वा समत्वं योग उच्यते ॥
- Verse 49 (Karma Yoga) - यस्त्वन्दियाणि मनसा नियाम्यारभते नरः । मुक्तते तस्य योगिनोऽन्यः ॥
- Verse 50 (Karma Yoga) - ब्रह्मण्याधाय कर्मणि सङ्गं त्यक्ता धनञ्जय । सिद्ध्यसिद्धोः समो भूत्वा समत्वं योग उच्यते ॥
- Verse 70 (Self-Realization) - अपण्यतं तु तद्वृत्तमन्तरायामुक्तं सदा तन्मया न संशय ॥

## 2.3 Introduction and study of Hatha Pradipika (हठ प्रदीपिका)

### Hatha Yoga

- Focuses on physical practices and techniques.
- Aims to balance the body and mind through postures (Asanas) and breath control (Pranayama).
- Emphasizes purification of the body to prepare for higher practices.
- Major texts: Hatha Yoga Pradipika, Gheranda Samhita.
- Often serves as a preparatory practice for deeper meditative techniques.

### Introduction to Hatha Pradipika (हठ प्रदीपिका)

- Hatha Pradipika (हठ प्रदीपिका) - A classical text on Hatha Yoga.
- Written by Swami Svatmarama (स्वामी स्वात्मराम) in the 15th century CE.
- Focuses on physical postures (Asanas (आसन)), breath control (Pranayama (प्राणायाम)), and meditation.
- Aims to prepare the body and mind for higher spiritual practices.
- Provides detailed instructions on various Hatha Yoga techniques.

### Key Concepts in Hatha Pradipika (हठ प्रदीपिका)

- Asanas (आसन) - Physical postures for physical stability and health.
- Pranayama (प्राणायाम) - Techniques for controlling the breath and vital energy.
- Mudras (मुद्रा) - Hand gestures to control energy flow.
- Bandhas (बंधन) - Body locks to channel energy within.
- Shatkarma (षटकर्म) - Six purification techniques to cleanse the body.

### Hatha Yoga Pradipika: Chapter 1 - आसन Asana

#### Study of Asanas (आसन) in Hatha Pradipika (हठ प्रदीपिका)

- Overview of Hatha Yoga and its significance.
- Qualifications of a Hatha Yogi.
- Ideal environment for practice.
- Brief on Yamas and Niyamas.
- 15 key asanas with benefits and techniques.
- Key postures: पद्मासन Padmasana, शीर्षासन Shirhasana, सर्वांगासन Sarvangasana.
- Emphasis on strength, flexibility, and concentration.
- Prepares for deeper meditation.

### Hatha Yoga Pradipika: Chapter 2 - प्राणायाम Pranayama

#### Study of Pranayama (प्राणायाम) in Hatha Pradipika (हठ प्रदीपिका)

- Importance of Pranayama in Hatha Yoga
- Purification of nadis (energy channels)
- Description of various Pranayama techniques:
  - सूर्य भेदन Surya Bhedana
  - उज्ज्य उज्ज्य Ujjayi
  - सितकारि Sitkari
  - शीतली Shitali
  - भस्त्रिका Bhastrika
  - भ्रामरी Bhramari
  - मूर्छा Murccha
  - प्लविनि Plavini
- Benefits and cautions for each प्राणायाम Pranayama
- Details various Pranayama (प्राणायाम) techniques for controlling breath and energy.
- Includes practices such as Kapalabhati (कपालभाति) (Skull Shining Breath) and Nadi Shodhana (नाडी शोधन) (Alternate Nostril Breathing).
- Aims to purify the body, calm the mind, and increase vital energy.
- Techniques are used to balance the prana (प्राण) (vital energy) and support meditation.
- Essential for mastering advanced Hatha Yoga practices.

### Hatha Yoga Pradipika: Chapter 3 - मुद्रा Mudra and बन्ध Bandha

#### Introduction to Mudras and Bandhas

#### 10 important Mudras described:

- महा मुद्रा Maha Mudra
- महा बन्ध Maha Bandha
- महा वेद Maha Vedha
- खेचरी Khechari
- उद्दीयान बन्ध Uddiyana Bandha
- मूलबन्ध Mula Bandha
- जालन्धर बन्ध Jalandhara Bandha
- विपरीत करणी Viparita Karani
- वज्रोली Vajroli
- शक्ति चालना Shakti Chalana

#### Techniques and benefits of each Mudra and Bandha

### Hatha Yoga Pradipika: Chapter 4 - समाधि Samadhi

- Introduction to नाद Nada (inner sound) and its importance
- Stages of Nada and their characteristics
- Description of लय Laya Yoga (absorption through sound)
- Techniques for awakening कुण्डलिनि Kundalini
- Four stages of Yoga:
  - आरम्भ Arambha
  - घट Ghata
  - परिचय Parichaya
  - निष्पत्ति Nishpatti

### Hatha Yoga Pradipika: Chapter 5 - लय Laya Yoga

- Detailed explanation of लय Laya Yoga
- Importance of dissolving the mind in the Absolute
- Techniques for achieving Laya
- Role of Kundalini in Laya Yoga
- Relationship between Prana and mind
- Signs of successful Laya practice

## Hatha Yoga Pradipika : Chapter 6 - Liberation

- Nature of Samadhi and liberation
- Differences between जीवनमुक्त Jivanmukta and विदेहमुक्त Videhamukta
- Characteristics of a liberated being
- Obstacles on the path to liberation
- Final instructions for attaining liberation
- Importance of Guru's grace in achieving liberation

## Significance of Hatha Pradipika

- Foundation of Hatha Yoga practices - Essential for practitioners seeking deeper understanding.
- Integrates physical and spiritual practices to enhance overall well-being.
- Offers practical guidance for practitioners of all levels.
- Highlights the importance of discipline, perseverance, and correct practice.
- Continues to influence modern Yoga practices and teachings.

# घेरण्ड संहिता Gheranda Samhita

## घेरण्ड संहिता Gheranda Samhita : Overview

- 7 chapters covering the "seven-limbed yoga"
- Systematic approach to purification and yoga practice
- Emphasis on physical purification as a foundation
- Detailed descriptions of various techniques
- Goal: to achieve the "divine body" (दिव्य देह divya deha)

## घेरण्ड संहिता Gheranda Samhita : Chapter 1 - षटकर्म Shatkarma

- Six purification techniques (षटकर्म Shatkarma):
  - धौति Dhauti (cleansing)
  - बस्ति Basti (enema)
  - नेति Neti (nasal cleansing)
  - त्राटक Trataka (gazing)
  - नौलि Nauli (abdominal massaging)
  - कपालभाति Kapalabhati (skull shining breath)
- Benefits and methods for each technique
- Importance of purification before other practices

## Gheranda Samhita : Chapter 2 - Asana

- 32 asanas described in detail
- Classification of asanas:
  - Meditative
  - Relaxation
  - Cultural
- Techniques and benefits of each asana
- Emphasis on steady and comfortable posture

## Gheranda Samhita : Chapter 3 - मुद्रा: Mudra

- 25 Mudras (मुद्राः) described
- Importance of Mudras (मुद्राः) in directing Prana (प्राण)
- Notable Mudras (मुद्राः):
  - Maha Mudra (महामुद्रा)
  - Nabho Mudra (नभोमुद्रा)
  - Khechari Mudra (खेचरीमुद्रा)
  - Viparita Karani Mudra (विपरीतकरणीमुद्रा)
  - Yoni Mudra (योनीमुद्रा)
- Techniques and benefits of each Mudra (मुद्रा)

## Gheranda Samhita : Chapter 4 - Pratyahara

- Techniques for sense withdrawal
- 5 types of Pratyahara (प्रत्याहार) described:
  - Yoni Mudra (योनीमुद्रा)
  - Sambhavi Mudra (शांभवी मुद्रा)
  - Five Dharanas (धारणाः) (concentrations on elements)
  - Sound absorption
  - Withdrawing senses from objects
- Importance of Pratyahara (प्रत्याहार) in preparing for meditation

## Gheranda Samhita : Chapter 5 - Pranayama (प्राणायाम)

- Importance of proper diet before Pranayama (प्राणायाम)
- 8 types of Pranayama (प्राणायाम) described:
  - Sahita Kumbhaka (सहित कुम्भक)
  - Surya Bheda (सूर्यभेद)
  - Ujjayi (उज्ज्यायी)
  - Sitali (सीतली)
  - Bhastrika (भस्त्रिका)
  - Bhramari (भ्रामरी)
  - Murchha (मूर्छा)
  - Kevali (केवली)
- Techniques and benefits of each Pranayama (प्राणायाम)
- Signs of success in Pranayama (प्राणायाम) practice

## Gheranda Samhita : Chapter 6 - Dhyana (ध्यान)

- 3 types of Dhyana (ध्यान) (meditation) described:
  - Sthula (स्थूल) (gross)
  - Jyotis (ज्योतिष) (luminous)
  - Sukshma (सुक्ष्म) (subtle)
- Techniques for each type of meditation
- Importance of concentration on specific objects or concepts
- Benefits of regular meditation practice

## Gheranda Samhita : Chapter 7 - Samadhi (समाधि)

- 6 types of Samadhi (समाधि) described:
  - Dhyana Yoga Samadhi (ध्यान योग समाधि)
  - Nada Yoga Samadhi (नाद योग समाधि)
  - Rasananda Samadhi (रसानन्द समाधि)
  - Laya Sidhi Samadhi (लय सिद्धि समाधि)
  - Bhakti Yoga Samadhi (भक्ति योग समाधि)
  - Raja Yoga Samadhi (राज योग समाधि)
- Techniques for achieving each type of Samadhi (समाधि)
- Signs of progress and success in Samadhi (समाधि)
- Ultimate goal: liberation and realization of the Self

# Concepts in Hatha Yoga

## Causes of Success (Sādhaka Tattva) in Hatha Yoga Sādhanā

- Enthusiasm (उत्साहः - Utsāha): Positive attitude and constant inspiration.
- Courage (साहसः - Sāhasa): Face inner visions and realizations as they dawn.
- Perseverance (धैर्यम् - Dhairyam): Maintain regular practice despite challenges.
- Discriminating Knowledge (तत्त्वज्ञानम् - Tattvajñāna): Align actions with spiritual goals.
- Determination (निश्चयः - Niśchaya): Resolve to continue practice under all circumstances.
- Aloofness from Company (जनसङ्घपरित्यागः - Janasaṅgha Parityāga): Avoid social distractions and negative influences.

## Causes of Failure (Bādhaka Tattva) in Hatha Yoga Sādhanā

- Over-eating (अत्याहारः - Atyāhāra): Consuming more food than needed.
- Exertion (प्रयासः - Prayāsa): Excessive physical or mental effort.
- Talkativeness (प्रजल्पः - Prajalpa): Talking more than necessary.
- Attachment to Rules (नियमाग्रहः - Niyamāgraha): Over-adherence to rigid rules (e.g., cold baths, strict diets).
- Social Company (जनसङ्घः - Janasaṅgha): Associating with people can disturb mental focus.
- Fickle-mindedness (लोल्यम् - Laulya): Instability of the senses leading to distractions.

## Concept of Ghata (घटः) and Ghata Shuddhi (घटशुद्धिः)

- Ghata (घटः - Vessel): The body and mind are likened to a vessel in Gheranda Samhita.
- Tempering by Fire of Yoga: The body (ghata) must be tempered or purified through yoga practice.
- Ghata Shuddhi (घटशुद्धिः): Purification of the psycho-physiological structure to prepare for higher yogic practices.
- Saptanga Yoga (सप्ताङ्गयोगः): Seven limbs of yoga are essential for Ghata Shuddhi, as outlined by Sage Gheranda.
- Goal: Achieving self-realization through purification of the body and mind.

## Saptanga Yoga (सप्ताङ्गयोगः) in Ghata Shuddhi

- Kriyas (क्रियाः): Cleansing actions to purify the body.
- Asanas (आसनाः): Physical postures to prepare the body.
- Pratyahara (प्रत्याहारः): Withdrawal of senses from external objects.
- Pranayama (प्राणायामः): Breath control to purify the pranic energies.
- Mudras (मुद्राः): Gestures that direct energy flows in the body.
- Dhyana (ध्यानम्): Meditation to purify the mind.
- Samadhi (समाधिः): The final state of self-realization and union.

## 2.4 General Introduction to Prasthanatrayee (प्रस्थानत्रयी)

### Prasthanatrayee (प्रस्थानत्रयी)

- Upanishads (उपनिषद्):
  - Known as Śruti Prasthāna (श्रुति प्रवस्था), meaning "that which is heard."
  - Composed during deep meditation by Rishis, recorded knowledge received.
- Bhagavad Gita (भगवद्गीता):
  - Known as Smṛti Prasthāna (स्मृति प्रवस्था), meaning "that which is remembered."
  - Central text of the Mahabharata, offering philosophical and practical guidance.
- Brahma Sutra (ब्रह्मसूत्र):
  - Known as Nyaya Prasthāna (न्याय प्रवस्था), meaning "the path of logic."
  - Provides a systematic exposition of Upanishadic teachings.

## The Upanishads (उपनिषद्)

- Ancient texts that form the core of Vedic wisdom. Focus on spiritual knowledge and philosophical inquiry.
- 11 Principal Upanishads:
  - Chandogya (चांडोग्य)
  - Kena (केन)
  - Katha (काठ)
  - Isha (ईशा)
  - Taittiriya (तैत्तिरीय)
  - Aitareya (ऐतरेय)
  - Brihadaranyaka (बृहदारण्यक)
  - Mandukya (माण्डूक्य)
  - Prashna (प्रश्न)
  - Munda (मुण्ड)
  - Svetasvatara (स्वेताश्वतार)
- Discuss the nature of ultimate reality (Brahman - ब्रह्मन्) and the individual soul (Atman - आत्मन्).
- Key Upanishads include Isha (ईशा), Kena (केन), Katha (काठ), and Mandukya (माण्डूक्य).
- Emphasize meditation, self-realization, and the unity of all existence.

## The Bhagavad Gita

- A 700-verse Hindu scripture part of the Mahabharata.
- Dialogue between Prince Arjuna and Lord Krishna.
- Addresses the nature of duty (Dharma), action, and devotion.
- Explores paths of Karma Yoga (action), Bhakti Yoga (devotion), and Jnana Yoga (knowledge).
- Provides guidance on ethical and spiritual living.

## The Brahma Sutras

- Philosophical texts attributed to Sage Vyasa.
- Comprises 555 sutras (aphorisms) summarizing the teachings of the Upanishads.
- Systematizes Vedantic thought and addresses key metaphysical questions.
- Divided into four chapters: Sutras on the Nature of Brahman, Sutras on the Universe, Sutras on the Path of Knowledge, and Sutras on the Liberation.
- Focuses on the unity of Brahman and the self, and the nature of liberation.

## Significance of Prasthanatrayee

- Provides comprehensive understanding of Vedantic philosophy.
- Forms the basis for various schools of Vedanta and spiritual practices.
- Guides ethical, spiritual, and philosophical aspects of life.
- Essential for deep study of Hindu philosophy and theology.
- Continues to influence spiritual thought and practice today.

## 2.5 Concepts and Principles of ahara (Diet) in Hatha Pradipika (हठप्रदीपिका) and Bhagavad Gita (भगवद् गीता) (Mitahara and Yuktaḥara)

## Concept and Characteristics of Mita Ahara

- Mita Ahara: Moderate diet as per Hatha Yoga Pradipika by स्वात्माराम (Swatma Ram); involves moderate quantity and quality.
- Characteristics :
  - Rich in Natural Oils: Foods should be lubricating, not dry.
  - Naturally Sweet: Enjoyable sweetness, not forced.
  - Proper Quantity: Leave one-fourth of the stomach empty.
- Definition :

सुस्थिरधमधुरं आहारं चतुर्थीशात् चतुर्थीशात् विवर्तस्नेहपरीतं मधुरं शीतं चतुर्थीशात्
- Translation : Food should be rich, sweet, cool, and leave one-fourth of the stomach empty.

## Eating as an Offering and Food Guidelines

- Eating as an Offering :
  - Eat with attention as a sacred act; chew food at least 32 times for digestion.
  - Practice silence during meals for mindfulness and appreciation.
- Foods to Avoid :
  - Bitter, Sour, and Acidic: Avoid कटु (Katuka), अम्ल (Amla), तीक्ष्ण (Tikshna) foods.
  - Fermented and Oily Foods: Avoid fermented, oily foods, and those mixed with strong flavors or meat.
  - Stale Foods: Avoid reheated, dry, and excessively salty foods.
- Prescribed Foods :
  - Mita Ahara: Foods that are naturally sweet, rich in oils, and fresh.
  - Include beneficial foods like fresh butter, ghee, and green vegetables.
- References :
  - Hatha Yoga Pradipika : Guidelines on dietary practices.
  - Bhagavad Gita (3.16) : Discusses the importance of diet in maintaining harmony.

## Concepts of Ahara in Hatha Yoga and Bhagavad Gita

- Concept of Ahara :
  - Role of diet in Yoga: emphasizes moderation, simplicity, and regularity.
  - Avoid heavy, spicy, or processed foods for optimal physical and mental health.
- Yukthahara (Balanced Diet) :
  - Balanced eating involves moderation in diet and activities like sleep.
  - Key Verse: युक्ताहारविहारस्य ... योगो भवति दुखः (Bhagavad Gita 6.16-17) - Balanced lifestyle leads to yoga that mitigates sorrow.
- Mitahara (Moderate Eating) :
  - Consists of pure, wholesome foods that support health and clarity.
  - Advocates for mindful eating that aligns with spiritual well-being.
- References :
  - Hatha Yoga Pradipika : Emphasizes the significance of a balanced diet.
  - Bhagavad Gita (17.7-10) : Discusses the types of foods conducive to spiritual and physical health.

## 2.6 Significance of Hatha Yoga (हठ योग) Practices in Health and Well-Being

## Significance of Hatha Yoga (हठ योग) Practices

- Overview : Focuses on physical postures (Asanas - आसन), breath control (Pranayam - प्राणायाम), and meditation (Dhyana - ध्यान) for balanced health.
- Physical Benefits : Improves flexibility, strength, stamina, posture, circulation, respiratory function, and detoxification.
- Mental Well-being : Reduces stress and anxiety, enhances focus, mood, cognitive function, and promotes mindfulness.
- Spiritual Growth : Facilitates meditation, inner peace, self-realization, and holistic integration of physical and spiritual practices.
- Overall Well-being : Combines physical, mental, and spiritual practices for comprehensive health and long-term vitality.

## 2.7 Concept of Mental Well-being according to Patanjali Yoga (पातञ्जलि योग)

### Concept of Mental Well-being in Patanjali Yoga (पातञ्जलि योग)

- Focuses on achieving mental clarity and stability.
- Central text : Yoga Sutras of Patanjali (पातञ्जलि योग सूत्र).
- Importance of controlling the mind (Chitta - चित्त) for well-being.
- Cultivation of Sattva (सत्त्व) - mental purity and balance.
- Techniques to overcome mental disturbances.
- Sattva (सत्त्व) - Quality of purity, harmony, and clarity.
- Overcoming Kleshas (क्लेशाः) - Mental afflictions through disciplined practice.
- प्रतिपक्ष भावना Pratipaksha Bhavana - Replacing negative emotions with positive ones.

### Key Practices and Concepts for Mental Well-being

- Chitta Vritti Nirodha (चित्त वृत्ति निरोध) - Control of mental fluctuations essential for stability.
- Key Practices :
  - Dhyana (ध्यान) - Meditation for concentration and inner peace.
  - Pranayama (प्राणायाम) - Breath control for emotional regulation.
  - Asanas (आसन) - Stabilizes mind and body.
  - Self-Discipline - Adherence to Yamas (यमाः) and Niyamas (नियमाः).
  - Mindfulness - Awareness of thoughts and emotions.
- चित्त प्रसादन Chitta Prasadana: Cultivating attitudes towards different types of people.
  - Maitri (मैत्री) : Friendship with happy people.
  - Karuna (करुणा) : Compassion towards unhappy people.
  - Mudita (मुदिता) : Joy for virtuous people.
  - Upeksha (उपेक्षा) : Indifference towards negative or evil people.

## 2.8 Yogic Practices of Patanjali Yoga (पातञ्जलि योग) : Bahiranga (बाहिरंग) and Antaranga (अंतरंग) Yoga

## Yogic Practices in Patanjali Yoga (पातञ्जलि योग)

- Patanjali's Yoga (पातञ्जलि योग) - Divided into Bahiranga (बाहिरंग) - external and Antaranga (अंतरंग) - internal practices.
- Aims for holistic development and spiritual realization.
- Bahiranga Yoga focuses on external practices:
  - Yamas (यम) - Ethical restraints (e.g., non-violence, truthfulness).
  - Niyamas (नियम) - Personal observances (e.g., cleanliness, contentment).
  - Asanas (आसन) - Physical postures to prepare for meditation.
  - Pranayama (प्राणायाम) - Breath control to regulate energy and calm the mind.
- Antaranga Yoga emphasizes internal practices:
  - Pratyahara (प्रत्याहार) - Withdrawal of senses.
  - Dharana (धारणा) - Concentration on a single point.
  - Dhyana (ध्यान) - Meditation; sustained consciousness.
  - Samadhi (समाधि) - Enlightenment; profound inner peace.
- Bahiranga and Antaranga practices are interdependent, establishing a balanced approach to Yoga.

## 2.9 Concepts of healthy living in Bhagavad Gita

### Introduction

- In Chapter 16 of the Bhagavad Gita, Krishna describes 26 divine qualities that contribute to a happy and healthy life in society.
  - These qualities are essential for living harmoniously and practicing spirituality.
- अभयम् सत्त्वसंशुद्धिः ज्ञानयोगवस्तिः । दानं दमश्च यज्ञश्च स्वाध्यायस्तप आर्जवम् ॥
- Translation: Fearlessness, purity of mind, steadfastness in spiritual knowledge, charity, control of the senses, performance of sacrifice, study of sacred books, austerity, and straightforwardness.

### Qualities of a Divine Nature

- Fearlessness (अभय)
- Purity of Mind (शुद्धता)
- Steadfastness in Spiritual Knowledge (स्थैर्य)
- Charity (दान)
- Control of the Senses (इंद्रिय नियंत्रण)
- Performance of Sacrifice (यज्ञ)
- Study of Sacred Books (स्वाध्याय)
- Austerity (तप)
- Straightforwardness (आर्जव)
- Nonviolence (अहिंसा)
- Truthfulness (सत्य)
- Absence of Anger (क्रोध रहित)
- Renunciation (त्याग)
- Peacefulness (शांति)

### Qualities of a Divine Nature

- Peacefulness (शांति)
- Restraint from Fault-Finding (दोष निंदानिरोध)
- Compassion Towards All Living Beings (करुणा)
- Absence of Covetousness (लोभ रहित)
- Gentleness (मृदुता)
- Modesty (लज्जा)
- Lack of Fickleness (अस्थिरता)
- Vigor (स्फुर्ति)
- Forgiveness (क्षमा)
- Fortitude (धैर्य)
- Cleanliness (शौच)
- Bearing Enmity Towards None (द्वेष रहित)
- Absence of Vanity (अहंकार रहित)

### Concepts of Healthy Living in Bhagavad Gita

- Guidance: Balanced life; harmony of body, mind, spirit; align with धर्म (Dharma).
- Key Principles:
  - Moderation (मिताहार): Balanced diet and mindful eating.
  - Balanced Lifestyle: Avoid extremes in work and rest.
  - Regular Practice: Daily Yoga and meditation.
  - Right Action: Act according to duty and ethics.
  - Mental Peace: Cultivate mindfulness and self-awareness.
- Diet and Behavior:
  - Healthy Diet: Fresh, wholesome, balanced.
  - Attitude: Live with संतोष (Santosha) - contentment, वैराग्य (Vairagya) - non-attachment.
  - Self-Control: Manage desires.
  - Spiritual Focus: Align actions with growth.
- Harmony with Nature:
  - Natural Rhythm: Sync with cycles.
  - Sattvic Living: Promote purity and tranquility.
  - Avoid Excesses: Balance indulgence and self-denial.
  - Holistic Approach: Integrate health, peace, and spirituality.
  - Mindful Living: Practice mindfulness in all aspects.

## 2.10 Importance of subjective experience in daily Yoga practice

### Importance of Subjective Experiences in Daily Yoga Practice

- Self-Discipline: Regular practice builds discipline (e.g., morning routines).
- Physical Harmony: Asanas ensure strength and health.
- Mental Balance: Pranayama promotes calmness.
- Self-Study (स्वाध्याय): Reading enhances understanding.
- Surrender (ईश्वरप्रणिधान): Non-attachment to outcomes.
- Knowledge (भक्ति योग): Cultivates a love for learning.
- Eka Tatva Abhyasa (एकतत्त्व अभ्यास): Focus on one principle for clarity.
- Patanjali's Guidance: Consistent practice (अभ्यास) leads to growth.
- Subjective Experience: Personal perception of practice.
- Self-Awareness: Consciousness of states and changes.
- Mindfulness: Present moment focus.
- Personalization: Adapt practices to individual needs.
- Mind-Body Connection: Awareness of interplay for harmony.
- Reflective Practice: Review experiences for growth.

## Yoga for Health Promotion

## Syllabus

- 3.1 Brief introduction to human body.
- 3.2 Meaning and Means of health promotion and role of Yoga in health promotion.
- 3.3 Yogic positive attitudes ( Maitri, Karuna, Mudita, Upaksha).
- 3.4 Concept of bhavas (Dharma, Jnana, Vairagya, Aishvarya) and their relevance in well being.
- 3.5 Dinacharya and Ritucharya with respect to Yogic life style.
- 3.6 Holistic approach of Yoga towards health and diseases.
- 3.7 Introduction to First aid and Cardio Pulmonary Resuscitation (CPR).
- 3.8 Yogic management of stress and its consequences.
- 3.9 Yoga in prevention of metabolic and respiratory disorders.
- 3.10 Yoga for personality development.

## 3.1 Brief introduction to human body : Anatomy

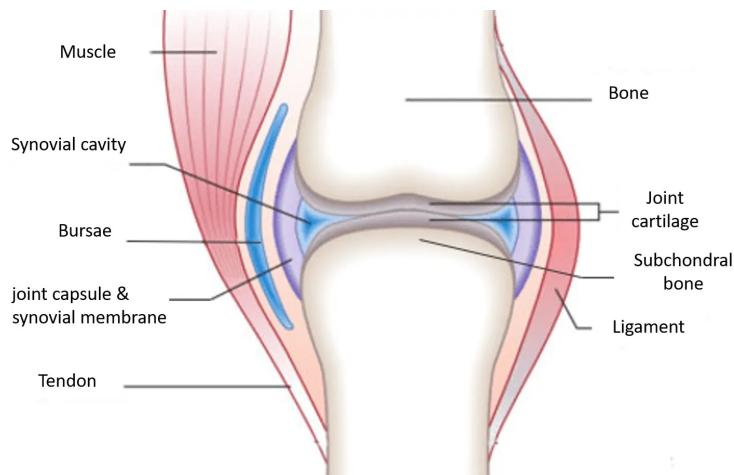
### Body System, Organs and their Functions

Systems	Organs	Functions
Skeletal and Muscular	Bones, muscles	Protection and movement
Nervous	Brain, nerves, skin, eyes, tongue, nose, ears, spinal cord	Control over bodily functions and reacts to the stimuli
Endocrine	Pituitary gland, adrenal gland, thyroid gland	Production of hormones and body regulation
Respiratory	Lungs, bronchi, pharynx, trachea, bronchial tubes, nasal passages and diaphragm	Breaths in oxygen and exhales carbon dioxide from the body
Circulatory System	Blood, blood vessels, heart, lymph	Transportation of nutrients, metabolic wastes, water, salts, and fights diseased cells
Digestive	Stomach, liver, tongue, pancreas, intestine, oesophagus	Breaks down and absorbs food for use as energy
Excretory	Kidneys, bladder, ureters, skin	Controls water and salt balance
Reproductive System	For Females: Uterus (womb), Fallopian (uterine) tubes, Ovaries. For Males: The testicles (testes), Epididymis, Vas deferens.	Allows humans to produce children.

(Ref: Certification of Yoga Professionals Official Guidebook)

### Components of the Skeletal System

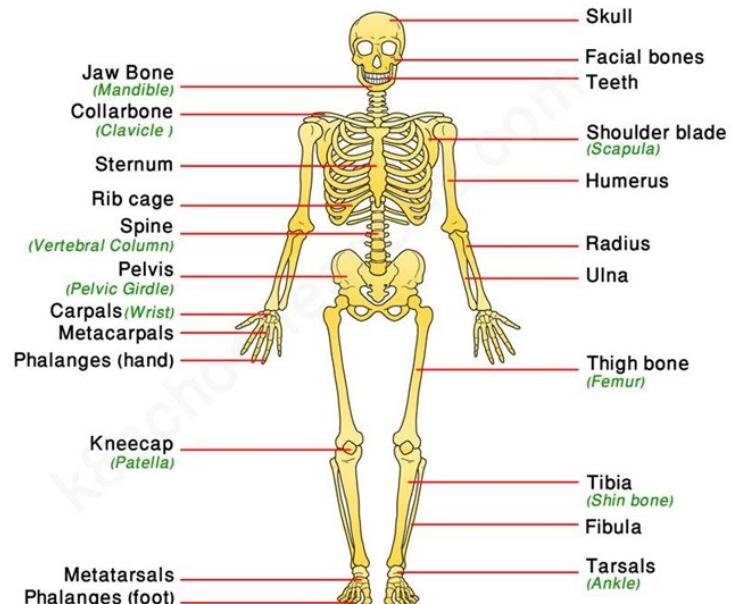
- Bones: 206 in adults, living organs, rich blood supply
- Cartilage: Elastic tissue, cushions joints
- Ligaments: Bind bones at joints
- Tendons: Connect muscles to bones
- Joints: Points of bone contact



(Ref: <https://www.swiss-alp-health.ch/en/what-is-a-joint/>)

## Divisions of the Skeletal System

- Axial Skeleton: Skull, vertebral column, rib cage
  - Skull: 23 bones, protects brain, inner ear, eyes
  - Spine: Made of vertebrae, supports trunk, protects spinal cord
  - Rib Cage: 12 pairs of ribs, protects lungs and heart
- Appendicular Skeleton: Shoulder and pelvic girdles, limbs
  - Shoulder Girdle: Shoulder blades, collar bones
  - Upper Limb: Humerus, radius, ulna, carpals, metacarpals, phalanges
  - Pelvis: Flat bones from sacrum, base for legs
  - Lower Limb: Femur, patella, tibia, fibula, tarsals, metatarsals, phalanges



### Functions of skeleton system

- Structural Framework
- Support and protection
- Blood formation
- Storehouse of minerals

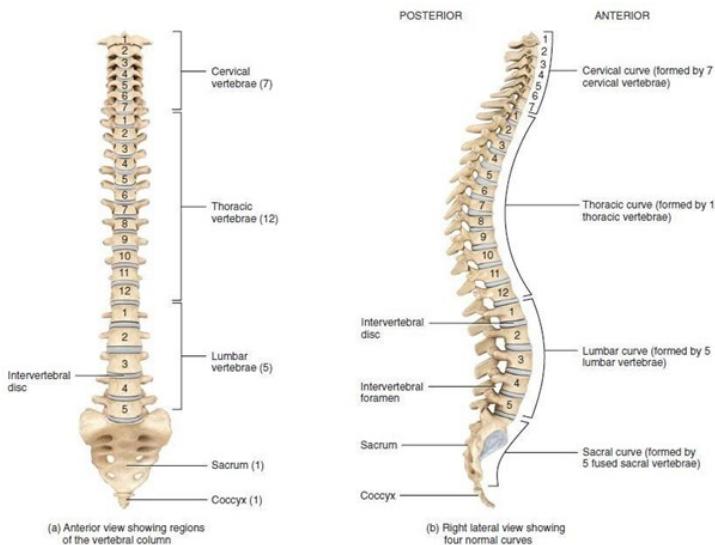
### Vertebral Column

- Spine: Strong column of bone from head to lower back
- 33 vertebrae joined by cartilage and ligaments
- Spinal cord runs through central holes in vertebrae
- Vertebrae groups: Cervical (7), Thoracic (12), Lumbar (5)
- Sacral (5 fused into 1), Coccygeal (4 fused into 1)
- Curvatures: Cervical, Thoracic, Lumbar, Pelvic
- Improper posture can exaggerate spinal curves
- Kyphosis: Increased thoracic curve
- Lordosis: Exaggerated lumbar curve
- Scoliosis: Lateral curvature of the spine
- Asanas can help correct posture by balancing and strengthening muscles



## Types of Spinal Movements

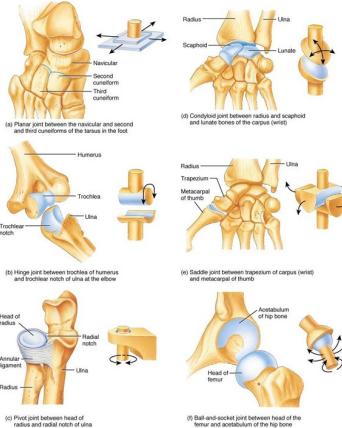
- Flexion: Forward bending; maximal in cervical region (e.g., Paschimottanasana, Padahastasana)
- Extension: Back bending (e.g., Bhujangasana, Dhanurasana)
- Rotation: Longitudinal twisting; greatest between atlas and axis (e.g., Ardha Matsyendrasana)
- Sideways Bending: Maximal in cervical and lumbar regions (e.g., Trikonasana)
- Circumduction: Swaying combining all movements (e.g., Chakki Chalavan)
- Elongation: Stretching upwards from base of spine (e.g., Tadasana, Urdhvahasta Dandasana)



## Types of Joints

- Joints: Points of contact between two bones
- Fibrous Joints: Allow the least movement; e.g., sutures in skull
- Cartilaginous Joints: Bones connected by cartilage; e.g., ribs to sternum
- Synovial Joints: Highest mobility; coated with cartilage, contain synovial fluid
- Fibrous Joints: Immovable parts of the skeletal system
- Cartilaginous Joints: Strong but flexible, necessary movement (e.g., breathing)
- Synovial Joints: Sealed in fluid-filled joint capsule
- Six kinds of synovial joints for various movements

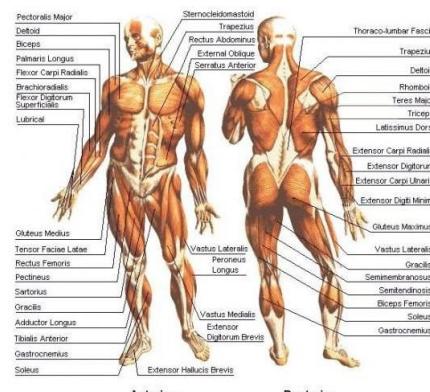
## Types of Joints



## Muscular System Overview

- Muscles are contractile tissues.
- They convert chemical energy into mechanical energy.
- Three types of muscles: voluntary, involuntary, cardiac.
- Voluntary muscles: consciously controlled.
- Involuntary muscles: controlled by autonomic nervous system.
- Cardiac muscle: auto rhythmic, contracts without stimulation.
- Voluntary muscles aid in walking, balancing, writing.
- Involuntary muscles help in digestion, blood flow.
- Cardiac muscle is specialized for heart function.

## Muscular System Overview



(Ref: <https://www.biologyonline.com/dictionary/muscular-system>)

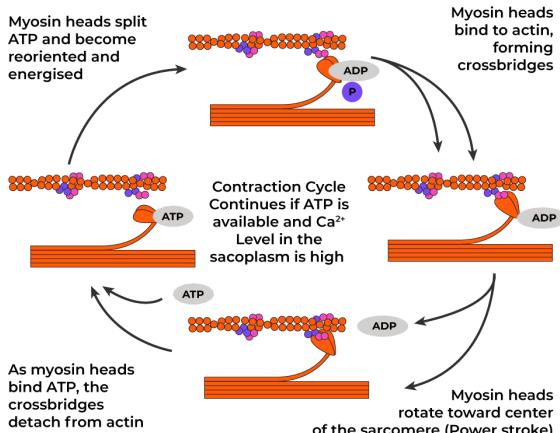
## Functions of Muscular System

- Production of movement. Maintaining posture against gravity.
- Protection of internal organs
- Heat production
- Store for energy (protein and carbohydrates)
- Functioning of internal organs because of involuntary muscles.

## Muscle Contraction

- Muscles consist of fibres wrapped in a sheath.
- Muscle fibres contain actin (thin) and myosin (thick) filaments.
- Filaments overlap to create tension and shorten muscle fibres.
- Relaxed muscles: minimal overlap of filaments.
- Stimulated muscles: filaments slide and overlap, causing contraction.
- Maximal contraction: complete overlap of filaments.
- Muscle strength increases through more fibre engagement or efficiency.
- Isotonic Contraction: muscle changes shape while load remains constant.
- Isometric Contraction: muscle stays same size while load increases.

## Muscle Contraction

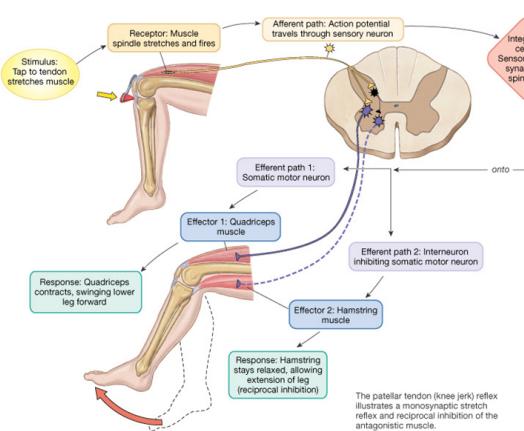


(Ref: <https://www.geeksforgeeks.org/mechanism-of-muscle-contraction-class-11/>)

## Reflex Action & Reciprocal Inhibition

- Motor units: smallest nerve fibre groups in muscles.
- Proprioceptors: sensors that send body position info to the brain.
- Proprioception aids in posture and coordination.
- Stretch reflex: strong contraction when muscle is suddenly lengthened.
- Example: back muscles contract when bending forward quickly.
- Slow movements support deep breathing.
- Reciprocal inhibition: opposing muscles relax when one contracts.
- Example: biceps contract, triceps relax.
- Ensures smooth and coordinated muscle movements.

## Reflex Action & Reciprocal Inhibition



(Ref: <https://www.corewalking.com/reciprocal-inhibition/>)

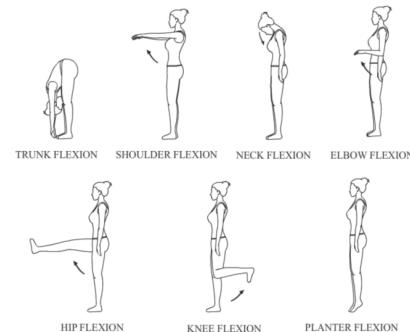
## Types of Muscle Movements

- Flexion: Decreases joint angle, e.g., bending the elbow.
- Extension: Increases joint angle, e.g., straightening the elbow.
- Abduction: Moves bone away from midline, e.g., lifting arms.
- Adduction: Moves bone towards midline, e.g., bringing legs together.
- Elevation: Movement upward, e.g., shrugging shoulders.
- Depression: Movement downward, e.g., lowering shoulders.
- Pronation: Palms face down.
- Supination: Palms face up.
- Rotation: Movement around an axis, e.g., internal or external rotation.
- Sphincter opening: Reduces or increases size of an opening.

(Ref: [https://med.libretexts.org/Bookshelves/Anatomy\\_and\\_Physiology/](https://med.libretexts.org/Bookshelves/Anatomy_and_Physiology/))

### Flexors

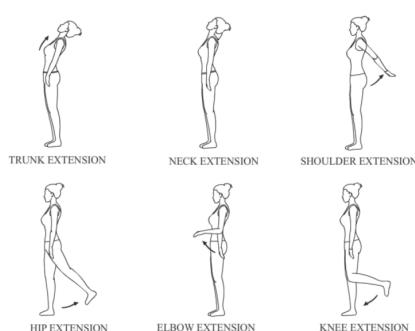
Muscles which bend one segment upon another.



(Ref: YCB Official Guidebook)

### Extensors

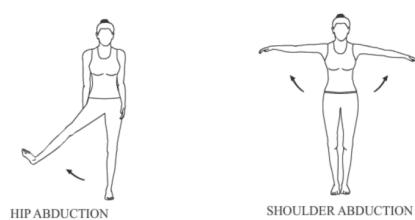
Muscles that unbend (Opposite of Flexion).



(Ref: YCB Official Guidebook)

### Abductors

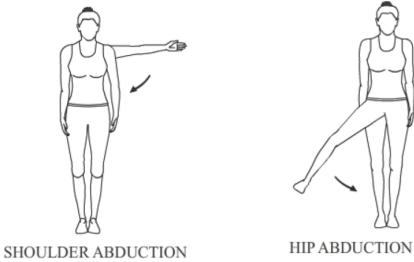
Muscles that pull away from the midline of the body



(Ref: YCB Official Guidebook)

## Adductors

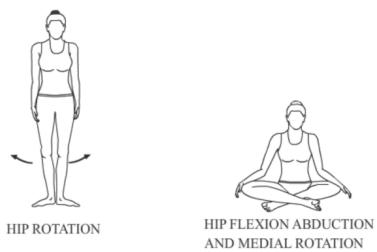
Muscles that reverse Abduction.



(Ref: YCB Official Guidebook)

## Rotators

Muscles which rotate a part.



(Ref: YCB Official Guidebook)

## Muscle Breathing

- Muscles need energy for contraction.
- Energy comes from glucose metabolism using oxygen.
- Aerobic respiration: used in low-intensity, high-volume activities.
- Example: marathon running, dance.
- Anaerobic respiration: used when oxygen is insufficient or activities are very fast.
- Anaerobic respiration produces lactic acid as a byproduct.
- Example: weight training, sprints.
- Post-exertion: oxygen breaks down lactic acid into water and carbon dioxide.
- Oxygen debt: amount of oxygen required to break down lactic acid.

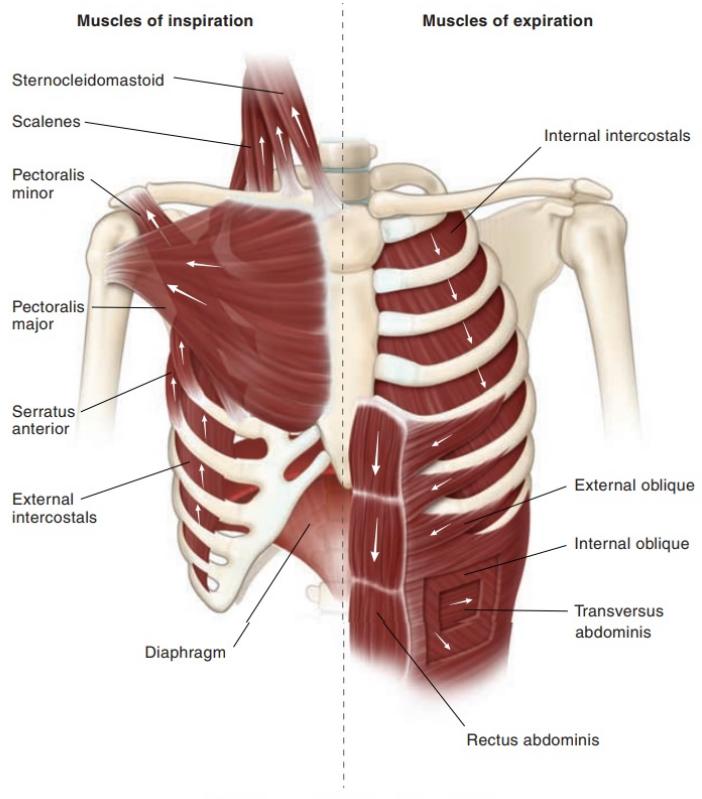
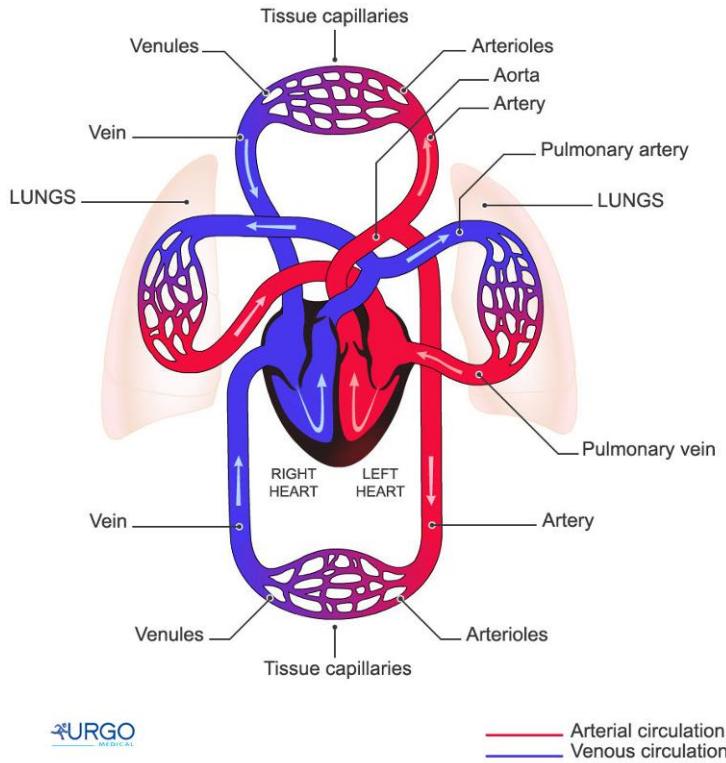


FIGURE . Muscles of Respiration

(Ref: [https://www.brainkart.com/article/Respiration-Muscles\\_21121/](https://www.brainkart.com/article/Respiration-Muscles_21121/))

## Cardiovascular System

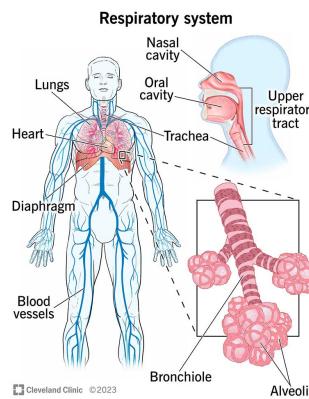
- Cardiovascular system transports nutrients, gases, waste, hormones.
- Blood consists of:
  - Plasma (54% of blood mass)
  - Red blood cells (45%)
  - White blood cells and platelets (1%)
- Red Blood Cells (RBCs): Transport oxygen and carbon dioxide.
- RBCs produced in bone marrow, lifespan 120 days.
- Anaemia: Condition when RBC count falls below 30%.
- White Blood Cells (WBCs): Provide immunity, lifespan 30 hours to 25 days.
- Platelets: Prevent bleeding by sticking to damaged vessels.
- Platelets' average lifespan is 4 days.



## Respiratory System

- Respiration: Exchange of oxygen and carbon dioxide.
- At pulmonary level: Oxygen diffuses into capillaries,  $CO_2$  into alveoli.
- At systemic level: Gas exchange occurs in capillaries near cells.
- Respiratory tract: Pathway for air to and from the lungs.
- Nose: Filters, warms, and moistens air; sense organ for smell.
- Pharynx: Passage from mouth and nose; connects to larynx.
- Larynx: Voice box; produces sound.
- Trachea: Windpipe; held open by cartilage rings.
- Bronchi, bronchioles, alveoli: Air passage branches ending in alveoli for gas exchange.
- Lungs: Triangular air sacs; two on the left (2 lobes), three on the right.
- Respiratory mucosa: Secretes mucus, traps irritants, and moves mucus to pharynx.
- Sinuses: Air-filled spaces around nasal cavity; prone to blockage and sinusitis.

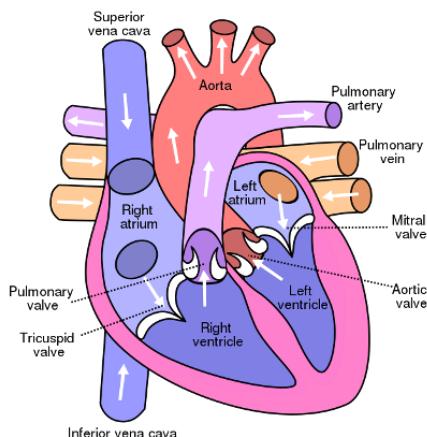
## Respiratory System



## Blood Vessels & Heart

- Blood vessels transport blood throughout the body.
- Arteries carry blood away from the heart.
- Arteries branch into arterioles, then into capillaries for nutrient exchange.
- Capillaries converge into venules, which merge into veins.
- Veins carry blood back to the heart.
- Systemic circulation: blood flow to and from the body.
- Pulmonary circulation: blood flow to and from the lungs.
- Heart: muscular organ that pumps blood.
- Heart has 4 chambers: right atrium, left atrium, right ventricle, left ventricle.
- Atria receive blood; ventricles pump it out.
- Valves prevent backflow: tricuspid (right), bicuspid/mitral (left).

## Blood Vessels & Heart



(Ref: <https://www.merresearch.org.uk/taking-heart-1/>)

## Functions of Muscular System

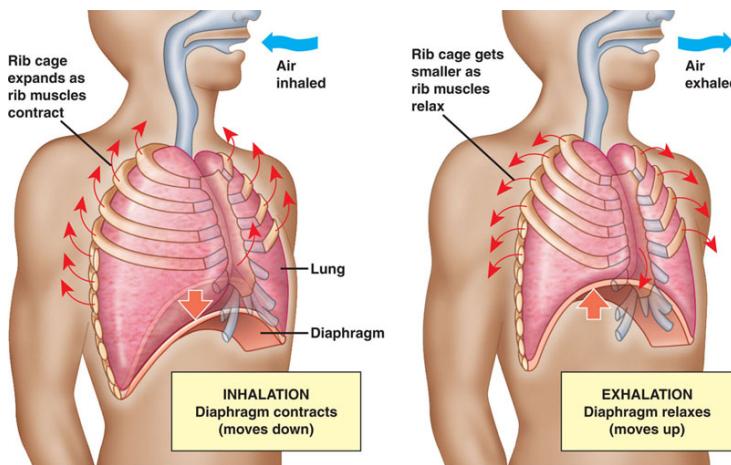
- Transport, blood circulation.
- Protection, immunity.
- Homeostasis.

## Functions of Muscular System

- Exchange of gases
- Maintaining pH balance
- Speech production.

## Muscles of Respiration

- Diaphragm: Dome-shaped muscle below lungs; separates chest and abdominal cavities.
- Intercostal Muscles: Located between ribs; lift rib cage for inhalation, lower it for exhalation.
- Accessory Muscles: Neck muscles attached to collarbone; assist in clavicular breathing.
- Muscles of Expiration: Abdominal muscles; used for forceful exhalation.

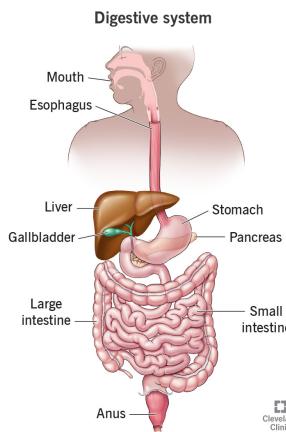


(Ref: <https://step1.medbullets.com/respiratory/117007/muscles-of-respiration>)

## Digestive System

- Digestion: Breaking down complex molecules into simpler ones (glucose, fatty acids, amino acids).
- Alimentary Canal: 12 meters long muscular tube with mucosal lining.
- Food movement: By peristalsis (wave-like contractions).
- Mouth: Mechanical breakdown (chewing) and initial carbohydrate digestion by saliva.
- Oesophagus: Connects mouth to stomach; no digestion or absorption.
- Stomach: Mechanical breakdown and initial chemical digestion of proteins, fats, and milk. No absorption; secretes hydrochloric acid.
- Small Intestine: 6m long, divided into duodenum, jejunum, ileum; digestion and absorption of nutrients. Villi increase absorption surface area.
- Large Intestine: Absorbs water, forms feces; consists of ascending, transverse, descending colon, rectum, and anus.

## Digestive System

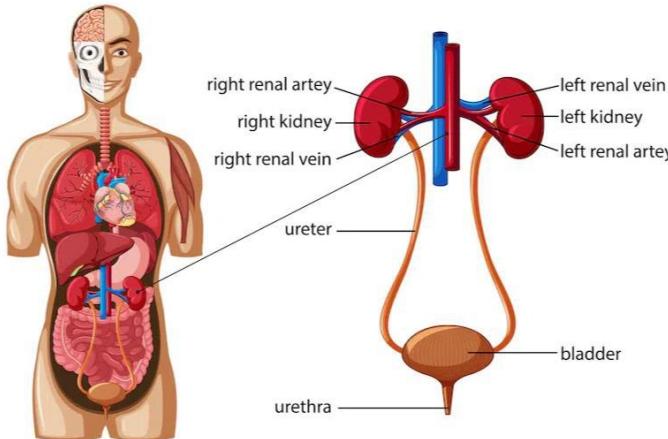


(Ref: <https://my.clevelandclinic.org/health/body/7041-digestive-system>)

## Excretory System

- Kidneys: Bean-shaped organs that filter blood; contain 1 million nephrons each.
- Ureters: Smooth muscle tubes that transport urine from kidneys to bladder via peristalsis.
- Urinary Bladder: Hollow organ that stores urine; holds 300-500 ml before the urge to urinate.
- Urethra: Tube connecting bladder to external orifice for urine expulsion.

## Human Excretory system



(Ref: <https://www.geeksforgeeks.org/diagram-of-excretory-system/>)

## Functions of Muscular System

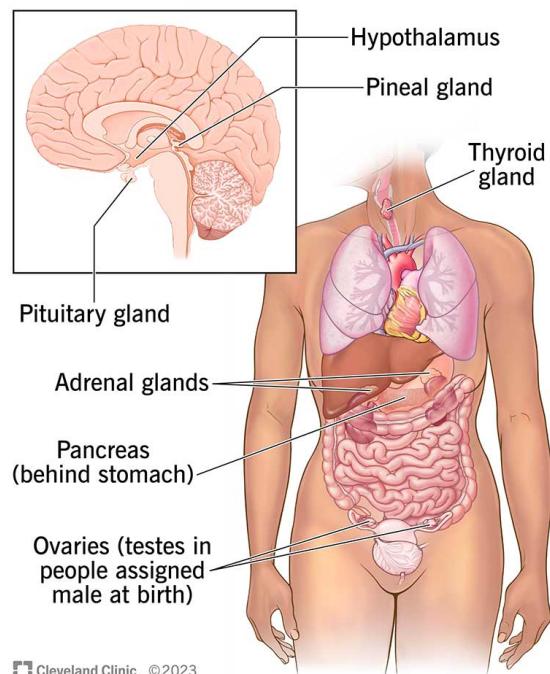
- Eliminate waste from the body.
- Regulate blood volume and blood pressure.
- Control levels of electrolytes and metabolites
- Regulate blood pH.

## Endocrine System

- Endocrine System: Regulates body activities through hormones.
- Hormones: Chemical regulators secreted into the blood.
- Secreted directly into blood; act on specific target organs.
- Produced in small quantities; not stored in the body.
- Types: Water-soluble proteins and amines, lipid-soluble steroids.
- Imbalance: Excess or deficiency can lead to serious health issues.

## Endocrine system

### Brain cut in half (side view)

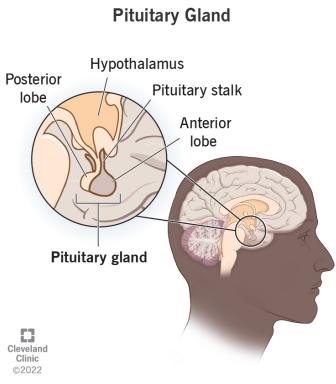


Cleveland Clinic ©2023

## Endocrine Glands: Hypothalamus and Pituitary

- Hypothalamus: Directs pituitary gland.
  - Releasing Hormone (RH): Stimulates pituitary hormone release.
  - Inhibiting Hormone (IH): Stops pituitary hormone release.
- Pituitary Gland: Master gland; regulates other endocrine glands.
  - Growth Hormone (GH): Promotes growth.
  - Follicle Stimulating Hormone (FSH): Stimulates egg and sperm formation.
  - Luteinizing Hormone (LH): Stimulates corpus luteum and hormone production.
  - Prolactin: Milk secretion.
  - Thyroid Stimulating Hormone (TSH): Stimulates thyroid.
  - Adrenocorticotropic Hormone (ACTH): Stimulates adrenal glands.
  - Antidiuretic Hormone (ADH): Increases water reabsorption.
  - Oxytocin: Uterine contractions.

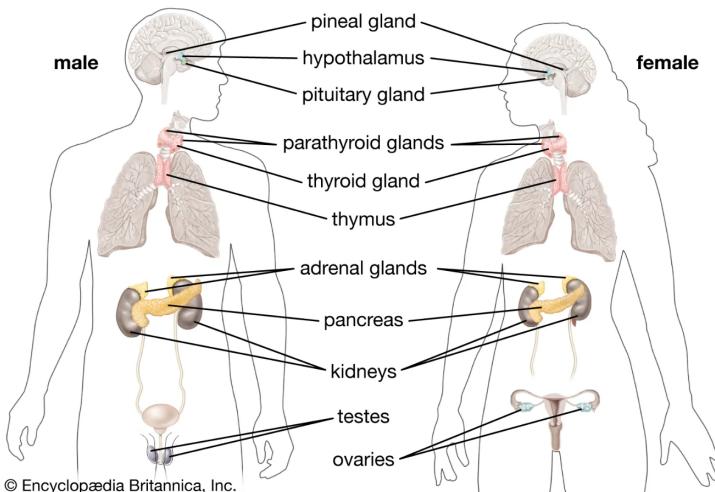
## Endocrine Glands: Hypothalamus and Pituitary



(Ref: <https://my.clevelandclinic.org/health/body/21459-pituitary-gland>)

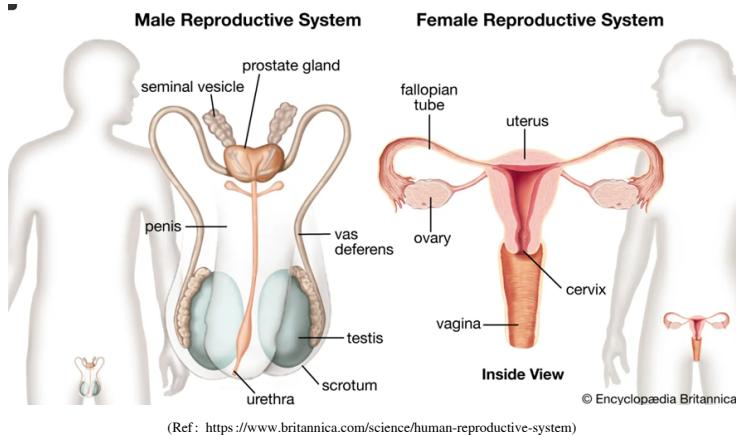
## Endocrine Glands: Pineal, Thyroid, and Parathyroid

- Pineal Gland: Produces melatonin; regulates sleep patterns.
- Thyroid: Produces thyroxin and calcitonin; regulates metabolism and calcium.
- Parathyroid Glands: Regulates calcium metabolism.



## Overview of Reproductive System

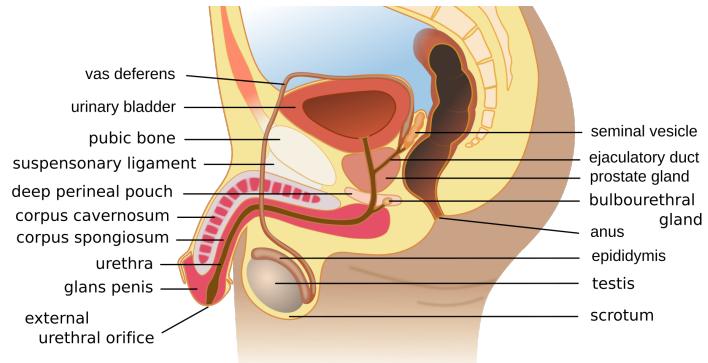
- Essential for species survival.
- Humans procreate via sexual reproduction.
- Gametes: sperm (male) and egg (female).
- Fertilization forms a zygote.
- Zygote develops into an embryo, then a fetus.



(Ref: <https://www.britannica.com/science/human-reproductive-system>)

## Male Reproductive System

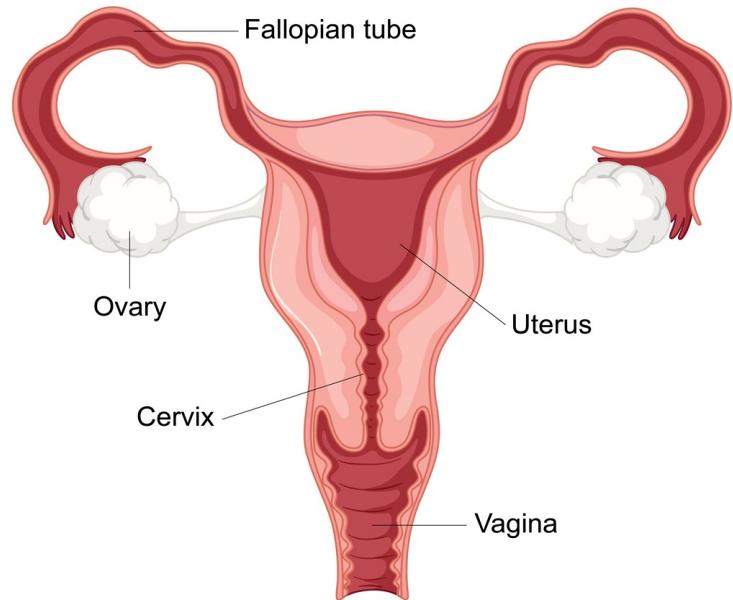
- Testes: Oval-shaped, produce sperm.
- Scrotum: Sac that holds testes.
- Seminal Vesicles: Produce seminal fluid.
- Prostate Gland: Adds fluids to semen.
- Penis: Passes urine and semen.



(Ref: [https://simple.wikipedia.org/wiki/Male\\_reproductive\\_system](https://simple.wikipedia.org/wiki/Male_reproductive_system))

## Female Reproductive System

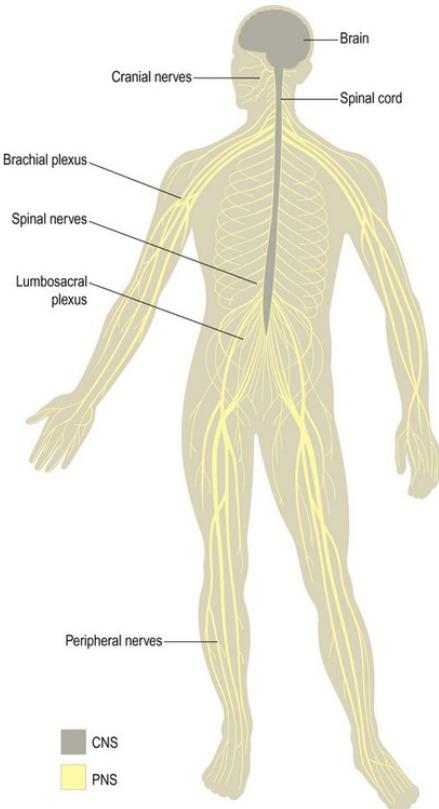
- Key organs: Ovaries, oviducts, uterus, vagina.
- Functions: Egg production, fertilization, embryo development.
- Ovaries: Produce and mature eggs.
- Oviducts: Site of fertilization.
- Uterus: Houses and nurtures the embryo.



(Ref: <https://www.healthdirect.gov.au/female-reproductive-system>)

## Overview of Nervous System

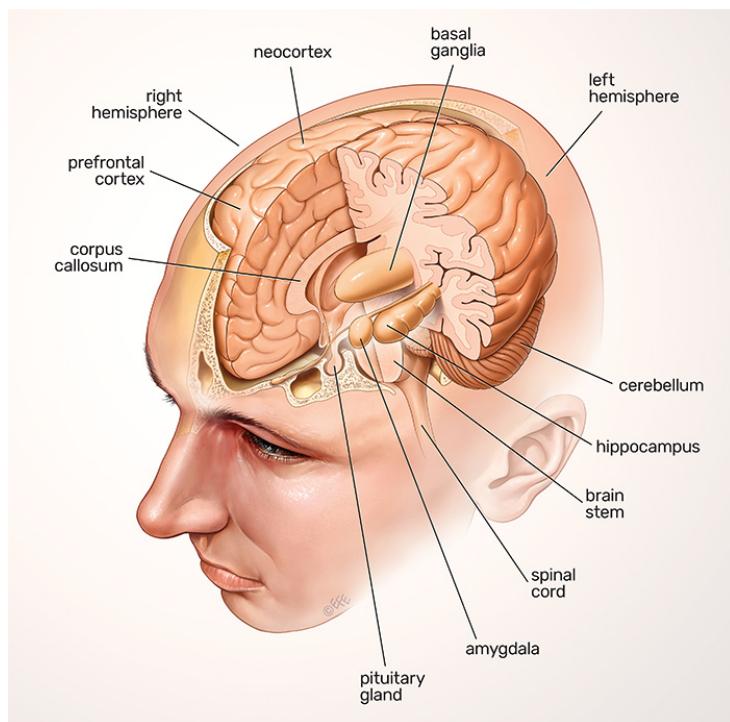
- Coordinates and controls body actions.
- Neuron: basic functional unit.
- Consists of CNS and PNS.
- CNS: Brain and spinal cord.
- PNS: Nerves connecting CNS to body.



(Ref: <https://neupsykey.com/overview-of-the-nervous-system/>)

### Central Nervous System: Brain

- Brain: Protected by skull and meninges.
- Cerebrum: Largest part, divided into lobes.
- Cerebellum: Coordinates movements and balance.
- Medulla Oblongata: Controls vital functions.
- Diencephalon: Includes hypothalamus and thalamus.

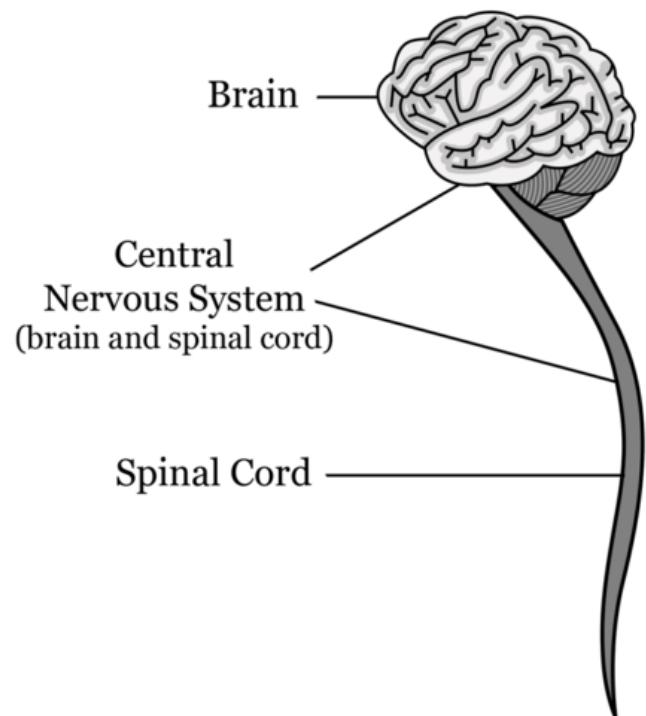


(Ref: <https://qbi.uq.edu.au/brain/brain-anatomy/central-nervous-system-brain-and-spinal-cord>)

### Central Nervous System: Spinal Cord

- Extends from medulla oblongata to lumbar vertebrae.
- Covered by meninges.

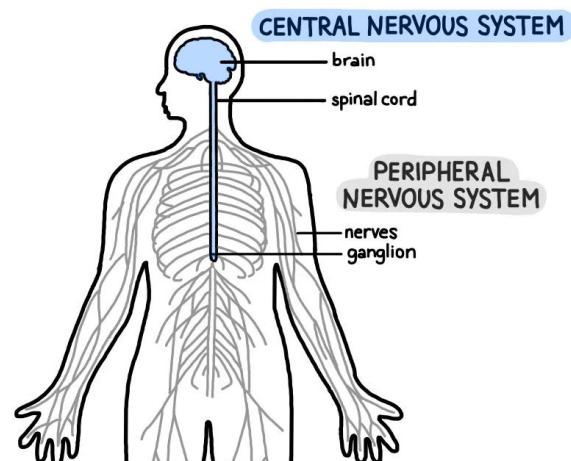
- Facilitates reflex actions.
- Conduction of sensory and motor impulses.
- Key role in communication between brain and body.



(Ref: <https://www.ck12.org/biology/central-nervous-system/lesson/central-nervous-system-ms-ls/>)

### Peripheral Nervous System: Overview

- Includes all nerves outside CNS.
- Connects CNS to limbs and organs.
- Divided into Somatic and Autonomic systems.
- Somatic: Controls voluntary movements.
- Autonomic: Regulates involuntary functions.



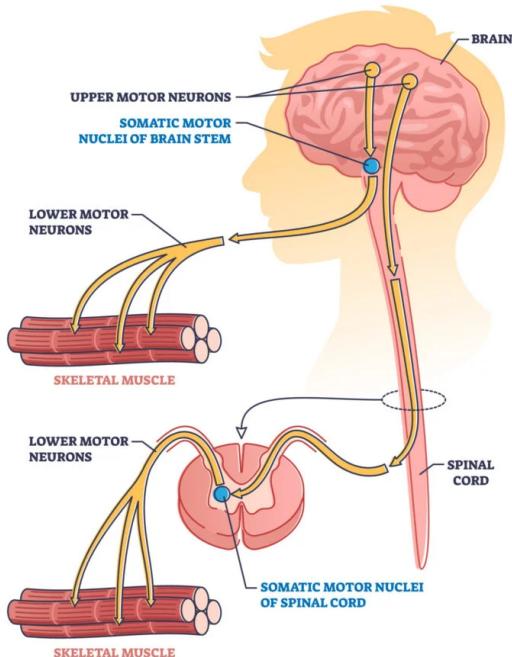
(Ref: <https://www.simplypsychology.org/peripheral-nervous-system.html>)

## Somatic Nervous System (SNS)

- Sensory nerves: Carry impulses to CNS.
- Motor nerves: Carry impulses from CNS.
- 12 pairs of cranial nerves.
- 31 pairs of spinal nerves.
- Controls voluntary movements.

(Ref: <https://www.simplypsychology.org/autonomic-nervous-system.html>)

### SOMATIC NERVOUS SYSTEM

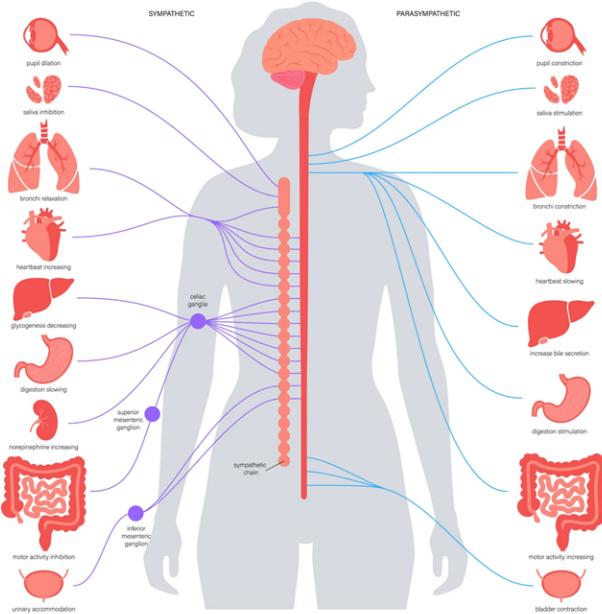


(Ref: <https://www.simplypsychology.org/somatic-nervous-system.html>)

## Autonomic Nervous System (ANS)

- Regulates involuntary actions.
- Sympathetic: 'Fight or flight' response.
- Parasympathetic: 'Rest and digest' response.
- Controls internal organs.
- Includes sympathetic and parasympathetic chains.

### AUTONOMIC NERVOUS SYSTEM



## Asana Benefits

Asana	Their Benefits
<b>Siddhasana (Adept's Pose)</b>	The best position for meditation and <i>pranayama</i> , leisure, restlessness, strengthens lower areas of the spine, tones abdominal organs.
<b>Padmasana (Lotus Pose)</b>	Excellent pose for meditation and <i>pranayama</i> , relaxation, restlessness, strengthens lower areas of the spine, tones abdominal organs.
<b>Baddha-Padmasana</b>	Enhancing appetite, advantageous for several illnesses.
<b>Savasana (Corpse Pose)</b>	Relaxation, removing fatigue, calmness of mind.
<b>Simhasana</b>	Halitosis (bad breath), stammering and problems with speech, strengthens liver, regulates flow of bile, corrects the coccyx area, constructively affects the thyroid glands.
<b>Bhadrasana (Auspicious Pose) (also called Gorakshasana)</b>	A comfortable position for pregnant women, beneficial for several illnesses, fatigue
<b>Svastikasana in combination with Pranayama</b>	A comfortable pose for meditation and <i>pranayama</i>
<b>Paschimottanasana (Sitting forward bending pose)</b>	Strengthening various organs or parts of the body, like the spine, heart, kidneys, abdominal organs, beneficial for any illnesses and takes care of one's sex drive.

(Ref: YCB Official Guidebook)

## Asana Benefits

<b>Mayurasana (Peacock Pose)</b>	Overcomes food poisoning, various toxins, spleen, fever and trouble with the lower abdomen, advantages for diabetes and several illnesses. When it comes to toxins, the <i>dhauti</i> -techniques cleanse areas, like the intestinal tract.
<b>Shirsasana (Headstand)/Viparita-Karani (Half Shoulder Stand)</b>	Increases the flow of blood and supply of oxygen to the brain, helps to think clearly and good memory, rejuvenates pituitary gland, pineal gland and thyroid, reduces symptoms of wrinkles and grey hair that often appear in old age.
<b>Uddiyana Bandha (Abdominal Lift)</b>	Reducing the fat around the waistline, the abdominal organs, glands and muscles become strong, improving the digestion and metabolism. It helps with constipation.
<b>Nauli (Abdominal Practice)</b>	Improves digestion and metabolism, strengthens abdominal organs, liver, glands and muscles.

<b>Bhujangasana (Cobra Pose)</b>	Keeping spine flexible, reduces fat around waistline, strengthens the wrists, strengthens various glands and takes care of vitality, neck tension and urinary problems
<b>Janu Shirasana (Knee-to-Head Pose)</b>	Taking care of the kidneys and digestion problems, good for spine, reducing fat around waistline.
<b>Matyasana (Fish Pose)</b>	Promoting good digestion and producing energy, stimulating the brain and thyroid.

(Ref: YCB Official Guidebook)

## 3.2 Meaning and Means of health promotion and role of Yoga in health promotion

### Health Promotion

#### Definition of Health :

- According to the World Health Organization (WHO), health is defined as "a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity."

#### Health Promotion :

- Health promotion involves encouraging healthy lifestyles and educating people to increase awareness and well-being.
- Objective : To promote healthy living and prevent disease.

## Role of Yoga in Health Promotion

Yoga and Health Benefits :

- Yoga addresses all aspects of health:
  - Cardiovascular Health - Improves heart function.
  - Muscular Strength and Flexibility - Enhances physical strength and balance.
  - Stamina and Body Balance - Builds endurance and stability.
- Shatkriyas (शट्क्रियासः): Cleanses internal organs.
- Pranayama (प्राणायामः): Focuses on breath work for relaxation and increasing Prana (प्राण).
- Dhyana (ध्यान) and Meditation: Enhances concentration and intuition.

Experiential Learning :

- Yoga is an experiential practice. Regular practice leads to better understanding and control over overall well-being.
- Explore different practices like Bhakti Yoga (भक्ति योग), Karma Yoga (कर्म योग), and Ishvara Pranidhana (ईश्वर प्रणिधान), and find what resonates with you.
- Stick to the practice as advised by Patanjali (Abhyasa - अभ्यास) and observe the effects.

## Effects of Hatha Yoga Practices

- Enhances flexibility in tendons, muscles, and spine.
- Improves overall blood flow and oxygen delivery.
- Supports cardiovascular health and lowers blood pressure.
- Facilitates lymphatic system function and detoxification.
- Corrects poor posture and improves body alignment.
- Relieves pain and tension in joints and muscles.
- Loosens tight areas like neck and shoulders.
- Promotes mental well-being alongside physical health.

## Limitations and Contraindications of Yoga Practices

- Awareness of contraindications is essential before starting practice.
- Yoga is preventive, not primarily curative; used as an alternative therapy.
- Individual differences mean not all practices suit everyone; avoid comparison.
- More effective for functional disorders than for organic conditions.
- Not a cure for conditions like cancer; helps in managing symptoms and improving strength.
- Not a standalone remedy for issues like obesity; requires diet and lifestyle changes.
- Best used as a complementary therapy alongside conventional treatments.

## 3.3 Yogic positive Attitudes

### Yogic Positive Attitudes in Yogasutra : Chitta Prasadana

मैत्रीकरुणामुदितोपेक्षणां सुखदःखपुण्यापुण्यवशयाणां भावनातिश्वत्प्रसादनम् ॥ १ . ३३ ॥

- Maitri : Cultivating friendship and kindness towards others.
- Karuna : Practicing compassion and empathy for those in suffering.
- Mudita : Experiencing joy and appreciation for others' happiness.
- Upeksha : Maintaining equanimity and detachment from the fluctuations of life.
- Mind Purification : Cleansing the mind of negative emotions and thoughts.
- Inner Peace : Creating a serene mental environment through positive attitudes.
- Emotional Balance : Developing stability in emotional responses.
- Self-Improvement : Enhancing personal growth through these attitudes.
- Harmonious Relationships : Fostering better interactions with others.
- Mindful Awareness : Increasing mindfulness and self-awareness in daily life.

## 3.4 Concept of Bhavas

### Concept of Bhava

Bhava (भाव) can be understood as :

- A certain state of mind
- A feeling, emotion, or attitude

Yogic Science :

- Yogic processes work on the mind by generating specific Bhava within oneself.
- Examples: Forward bending postures and chest openers.

Types of Bhava :

- Positive Bhavas : Dharma Bhava (धर्म भाव), Jnana Bhava (ज्ञान भाव), Vairagya Bhava (वैराग्य भाव), and Aishwarya Bhava (ऐश्वर्य भाव)
- Negative Bhavas : Adharma Bhava (अधर्म भाव), Raga Bhava (राग भाव), Dvesha Bhava (द्वेष भाव), and Ajnana Bhava (अज्ञान भाव)

### Understanding and Practicing Bhava

Negative Bhavas :

- Adharma Bhava (अधर्म भाव) - Unrighteousness
- Raga Bhava (राग भाव) - Attachment
- Dvesha Bhava (द्वेष भाव) - Aversion
- Ajnana Bhava (अज्ञान भाव) - Ignorance

Positive Bhavas :

- Dharma Bhava (धर्म भाव) - Discipline and Duty
- Jnana Bhava (ज्ञान भाव) - Knowledge and Clarity
- Vairagya Bhava (वैराग्य भाव) - Detachment and Letting Go
- Aishwarya Bhava (ऐश्वर्य भाव) - Strength and Power

Practices to Enhance Positive Bhavas :

- Dharma Bhava: Practices like Padmasana (पद्मासन), Sukhasana (सुखासन), and Yamas (यम) and Niyamas (नियम).
- Jnana Bhava: Balancing postures and practices like Kapalabhati (कपालभाति) and Trataka (त्राटक).
- Vairagya Bhava: Forward bending postures.
- Aishwarya Bhava: Strengthening self-awareness and introspection.

## 3.5 Dinacharya and Ritucharya with respect to Yogic lifestyle

### Dinacharya and Ritucharya

Dinacharya (दिनचर्या): Daily Routine

- Refers to daily activities and routines.
- Helps in maintaining daily health and balance.
- Based on Ayurvedic principles and body doshas.

Ritucharya (ऋतुचर्या): Seasonal Routine

- Refers to seasonal activities and diet.
- Aims at promoting health according to seasonal changes.
- Adjusts diet and activities based on the season.

दोष Doshas and Daily Phases :

- Vata (वात): 2:00 AM - 6:00 AM, 2:00 PM - 6:00 PM
- Kapha (कफ): 6:00 AM - 10:00 AM, 6:00 PM - 10:00 PM
- Pitta (पित्त): 10:00 AM - 2:00 PM, 10:00 PM - 2:00 AM

## Daily Guidelines (Dinacharya)

Suggested Routine :

- Brahmamuhurta (ब्राह्ममुहूर्त): Wake up 1-1.5 hours before sunrise.
- Morning Routine :
  - Mouthwash (कंठधावन)
  - Toothbrush (दन्तधावन)
  - Tongue cleaning (जिळ्हा-धावन)
  - Oil pulling (कौण्डल्या)
  - Face wash (अच्छयम्)
- Daily Activities :
  - Physical exercise (व्यायाम)
  - Body massage (अस्थयग)
  - Bathing (स्नान)
  - Dressing and grooming (वस्त्रादि)

## Seasonal Guidelines (Ritucharya)

Seasons and Doshas :

- Adana Kal (आदन काल):
  - Shishira (शिशिर) - Winter
  - Vasant (वसंत) - Spring
  - Grishma (ग्रीष्म) - Summer
- Visarga Kal (विसर्ग काल):
  - Varsha (वर्षा) - Monsoon
  - Sharad (शरद्) - Autumn
  - Hemanta (हेमन्त) - Late Autumn/Pre-Winter

Guidelines :

- Adjust diet and activities according to the season.
- Consult an Ayurvedic practitioner for personalized routines.

## 3.6 Holistic approach of Yoga towards health and Diseases

### Holistic Approach of Yoga Towards Health

Yoga and Health :

- Yoga practices have gained global recognition for maintaining overall health.
- Unlike medicine, which treats illness after it occurs, yoga aims to prevent illness before it begins.
- Patanjali's Insight: दुःखमनात्म (Dukham Anātma) – To avoid suffering that has not yet occurred.

Prevention Aspect :

- Yoga practices help in preventing diseases and maintaining overall health.
- Regular practice is associated with reduced risk of illness and enhanced well-being.

### Yoga in Disease Management and Therapy

Yoga as Therapy :

- Yoga is also effective in managing existing illnesses.
- During the COVID-19 pandemic, practices like pranayama and breathwork were recommended to increase lung capacity and oxygen levels.
- Research on kriyas like कपालभाति (Kapalbhati) and सूर्यनमस्कार (Suryanamaskar) showed benefits in lung diffusion capacity and oxygen levels.

Holistic Benefits :

- Yoga addresses physical, mental, social, and spiritual well-being.
- Practices are designed to enhance overall health and manage stress, leading to a balanced life.

## 3.7 Introduction to First aid and Cardio Pulmonary Resuscitation (CPR)

### Introduction to First Aid

What is First Aid ?

- Immediate medical attention provided in case of injury.
- Includes actions like applying bandages, cleaning minor cuts and scratches, and providing fluids to restore hydration.

### Introduction to First Aid

• Definition :

Immediate care given to an injured or ill person until professional help arrives.

• First Aid Kit Essentials :

- Adhesive bandages, gauze pads, antiseptic wipes.
- Scissors, tweezers, adhesive tape.
- Pain relievers, burn cream, digital thermometer.

• Basic First Aid Procedures :

- Wounds : Clean with water, apply antiseptic, and bandage.
- Burns : Cool with running water, cover with a clean cloth.
- Fractures : Immobilize the area, seek medical help.

• Importance of Training :

Effective response in emergencies and potential life-saving.

### Introduction to CPR

What is CPR ?

• Cardiopulmonary Resuscitation (CPR) is a life-saving procedure performed when the heart stops beating.

• CPR can double or triple the chances of survival after cardiac arrest.

• Types of CPR :

- Trained Professionals : Combination of 30 compressions and 2 breaths.
- Untrained Individuals : Compression-only CPR.

### Importance of CPR Training

CPR Certification :

• In India, CPR certification is not mandatory for yoga teachers.

• In Western countries, it might be required by some studios.

• CPR training is beneficial for everyone and can be obtained from various agencies and hospitals.

Action Items :

- Watch the reference video provided by the Global Association of Indian Medical Students.
- Consider obtaining CPR certification to enhance your skills and knowledge.

### Introduction to CPR (Cardio Pulmonary Resuscitation)

• Definition :

A life-saving technique used when someone's heartbeat or breathing has stopped.

• CPR Steps :

- Check Response : Shake and shout to see if the person responds.
- Call for Help : Dial emergency services if no response.
- Chest Compression : Push hard and fast (100-120 compression per minute).
- Rescue Breaths : If trained, give 2 breaths after every 30 compression.

• Compression Depth and Rate :

- Depth : At least 2 inches (5 cm).
- Rate : 100-120 compression per minute.

• When to Perform CPR :

When the person is unresponsive and not breathing normally.

## 3.8 Yogic Management of stress and its consequences

### Human Psyche: Modern and Yogic Concepts

- Psychology:

The scientific study of mental processes and behavior, impacting various life spheres including family, education, and health.

- Behavior:

- Overt Behavior: Visible actions or reactions to external stimuli.
- Covert Behavior: Internal mental processes and phenomena.

- Consciousness:

A non-physical, self-directed entity responsible for creating, retaining, and annihilating concepts of Self and Universe.

- Consciousness Expansion :

- Yogic techniques help expand awareness and unite Atman (Self) with Paramatman (Supreme Self).

### Indian Model of Personality

- Upanishadic Personality Model:

Described through 5 energy sheaths or Koshas (कोश).

- Annamaya Kosha:

Food sheath nourished by Anna (अन्न - food).

- Pranamaya Kosha:

Vital air sheath nourished by Prana (प्राण - bio-energy).

- Manomaya Kosha:

Mental sheath nourished by Pratyahara (प्रत्याहार - withdrawal of senses).

- Vijnyanmaya Kosha:

Intellectual sheath nourished by Dhyana (ध्यान - meditation).

- Anandamaya Kosha:

Bliss sheath nourished by Samadhi (समाधि - state of bliss).

### Development of Consciousness: The Three Gunas

- Three Gunas:

Fundamental qualities influencing consciousness and behavior.

- Sattva (सत्त्व): Stability

- Attributes: Love, compassion, honesty, and calm.

- Rajas (रजस्): Activation

- Attributes: Action, ambition, desire, and leadership.

- Tamas (तमस्): Inertia

- Attributes: Laziness, sleep, indolence, and aversion.

- Mental Functions:

Vrittis (वृत्तिः) and Pravrittis (प्रवृत्तिः) are manifestations of the Three Gunas.

### Causes of Frustrations and Psychosomatic Disorders

- Mind as a Conglomeration of Thoughts:

Thoughts are like ocean waves; their nature influences mental activity.

- Process of Mental Activity:

- Information received by senses (Indriyas).
- Processed by intellect with memory.
- Emotions, positive or negative, come into play.

- Negative Emotions:

Anger, fear, hatred, and jealousy lead to stress and psychosomatic disorders (Adhi).

- Positive Emotions:

Peace, contentment, and happiness are rejuvenating and constructive.

### Mental Hygiene and Its Objectives

- Definition:

Mental hygiene is the practice of maintaining mental health by being aware of and managing one's thoughts and emotions.

- Objectives of Mental Hygiene:

- Realize one's potential.
- Develop self-respect and respect for others.
- Understand and tolerate limitations of self and others.
- Promote harmony and happiness.
- Make effective adjustments in life.
- Know one's true self.

### Yogic Attitudes for Mental Hygiene

- Pratipaksha Bhavana (प्रतिपक्ष भावना):

Cultivating opposite feelings to counter negative thoughts, leading to peace of mind and overcoming distractions.

- Anitya Bhavana (अनित्य भावना):

Acknowledging the impermanence of bodily experiences, fostering detachment (वैराग्य - Vairagya).

- Sakshi Bhavana (साक्षी भावना):

Adopting a witness-like attitude to actions, promoting self-awareness and equanimity.

### Yogic Perception of Mental Health

- Definition:

A state of well-being where individuals recognize their abilities, cope with life's stresses, work productively, and contribute to their community.

- Patanjali's View:

- Yoga is the cessation of mental modifications (वृत्ति - Vritti).
- Mind is restrained through Abhyasa (अभ्यास - practice) and Vairagya (वैराग्य - detachment).
- Abhyasa (अभ्यास): Repeated efforts to achieve steadiness and return to a pure state of bliss.

- Key Practices:

- \* Pratyahara (प्रत्याहार - Withdrawal of senses)
- \* Dharana (धारणा - Concentration)
- \* Dhyana (ध्यान - Meditation)
- \* Samadhi (समाधि - Self-realization)

### Role of Prayer and Meditation in Mental Health

- Prayer:

- Most widely practiced healing modality.

- Benefits:

- \* Induces relaxation response.
- \* Reduces stress of control.
- \* Acts as a placebo.
- \* Aligns with spiritual beliefs.
- \* Elicits positive emotions.
- \* Enhances mind-body-spirit connection.

- Meditation Benefits:

- OM Meditation: Focuses the mind, making it one-pointed.
- Helps tame the mind and focus on tasks.
- Clears information overload and reduces stress.
- Tool for self-realization.

- Psychosocial Environment:

- Culture and climate at the workplace.
- Psychosocial stress arises from interactions with others.

## Concept of Stress: Modern Science and Yoga

- Definition:  
Stress is a non-specific response preparing the body for "fight or flight"; unresolved stress leads to psychosomatic disorders.
- Types of Stress:
  - Eustress: Beneficial stress (e.g., excitement).
  - Distress: Harmful, ongoing stress (physical or psychological).
- Stress Reactions:
  - Increased energy, heart rate, and blood pressure.
  - Diverted blood flow and heightened senses.
- Yoga Perspective:
  - Stress Imbalance; Patanjali describes it as Kleshas.
  - Stressors: Overwork, negative thoughts, poor conflict management.

## Yogic View on Stress Management

- Likes and Dislikes: Strong preferences lead to imbalances and stress (अधिकारी - Adhis).
- Yogic Remedies:
  - Ahara (आहार): Right food.
  - Vihara (विहार): Proper relaxation.
  - Vichara (विचार): Positive thinking.
  - Vyavahara (व्यवहार): Correct actions.
- Practices: Cyclic meditations reduce stress.
- Research:
  - Boosts attention and emotional quotient.
  - Enhances health, reduces anxiety.
- Life Management:
  - Follow Karma Yoga (कर्म योग): Regular practice, non-attachment, balance.
  - Achieve mental stability and self-realization.

## 3.9 Yoga in prevention of metabolic and respiratory disorders

### Respiratory & Metabolic Disorders: Yogic Prevention

- Respiratory System:
  - Comprises nose, throat, lungs, diaphragm, and associated muscles.
  - Upper vs. lower respiratory tracts, with interrelated disorders.
- Yogic Approach:
  - Mucus Elimination: Viewed as beneficial; uses warm saline neti kriya.
  - Imbalance Correction: Gentle redirection of subtle energies; promotes overall respiratory health.
- Metabolic Disorders:
  - Digestive health crucial for overall well-being; impacts physical and mental health.
  - Chronic diseases (e.g., asthma, diabetes, heart disorders) linked to digestive dysfunction.
- Yogic Prevention:
  - Rebalance Digestion: Fundamental to manage and prevent chronic diseases.
  - Activate Vital Energy: Promotes self-healing and regeneration.

## Role of Digestive Power and Yogic Management

- Optimal Health:
  - Requires proper eating habits: right foods, quantities, and timing.
  - Misuse of eating (emotional needs, greed) leads to digestive disturbances.
- Manipura Chakra (मणिपूर चक्र):
  - Represents digestive organs and energy (solar plexus).
  - Symbolizes internal digestive fire, essential for health and vitality.
- Digestive Process:
  - Fire element (अग्नि): digestion; supported by air, water, and earth elements.
- Hatha Yoga (हठ योग):
  - Focuses on abdominal health: asanas (आसन), pranayamas (प्राणायाम), and shatkarmas (षटकर्म).
  - Techniques like dhauti (धौति), nauli (नौली), and basti (बस्ति) purify and heal the digestive tract.
- Yogic Benefits:
  - Transforms digestion into a source of higher awareness and vitality.

## 3.10 Yoga for personality development

### Yoga for Personality Development

- Self-Awareness: Enhances understanding of oneself.
- Emotional Control: Manages stress and emotions.
- Discipline: Improves focus and self-discipline.
- Confidence: Builds self-esteem through practice.
- Positive Attitude: Encourages optimism.
- Relationships: Enhances empathy and communication.
- Resilience: Strengthens mental adaptability.
- Holistic Growth: Supports overall development.

### Practical

### Demonstration Skills

#### Syllabus

- 4.1 Prayer: Concept and recitation of Pranava (प्रणव) and hymns.
- 4.2 Yoga Cleansing Techniques: Knowledge of Dhauti (धौति), Neti (नेति) and practice of Kapalabhati (कपालभाति).
- 4.3 Yogic Sukshma Vyayama (सुख्षम व्यायाम) and Sthula Vyayama (स्थूल व्यायाम)
  - a. Yogic Sukshma Vyayama (Micro Circulation Practices)
    - \* Neck Movement: Griva Shakti Vikasaka (ग्रीवा शक्ति विकासक) (I, II, III, IV)
    - \* Shoulder Movement: Bhuja Valli Shakti Vikasaka (भुजा वल्ली शक्ति विकासक), Purna Bhuja Shakti Vikasaka (पूर्ण भुजा शक्ति विकासक)
    - \* Trunk Movement: Kati Shakti Vikasaka (कटि शक्ति विकासक) (I, II, III, IV, V)
    - \* Knee Movement: Jangha Shakti Vikasaka (जङ्घा शक्ति विकासक) (II-A & B), Janu Shakti Vikasaka (जानु शक्ति विकासक)
    - \* Ankle Movement: Pada-mula Shakti Vikasaka (पाद-मूल शक्ति विकासक) – A & B, Gulpha-pada-pristha-pada-tala Shakti Vikasaka (गुल्फ-पाद-पृष्ठ-पाद-तल शक्ति विकासक)
    - b. Yogic Sthula Vyayama (Macro Circulation Practices)
      - \* Sarvanga Pushti (सर्वाङ्ग पुष्टि)
      - \* Hrid Gati (हृद गति) (Engine Daud)

## Syllabus

- 4.4 Yogic Surya Namaskara (योगिक सूर्य नमस्कार)
- 4.5 Yogasana (योगासन)
  - Tadasana (ताडासन), Vrikshasana (वृक्षासन), Ardha Chakrasana (अर्ध चक्रासन), Padahastasana (पादहस्तासन), Kati Chakrasana (कट्टचक्रासन), Trikonasana (त्रिकोणासन)
  - Dandasana (दंडासन), Sukhasana (सुखासन), Padmasana (पद्मासन), Vajrasana (वज्रासन)
  - Bhadrasana (भद्रासन), Mandukasana (मण्डुकासन), Ushtrasana (उष्ट्रासन), Shashankasana (शशांकासन), Uttana Mandukasana (उत्तान मण्डुकासन)
  - Paschimottanasana (पश्चिमोत्तानासन), Purvottanasana (पूर्वोत्तानासन)
  - Vakrasana (वक्रासन), Gomukhasana (गोमुखासन)
  - Bhujangasana (भुजंगासन), Shalabhasana (शलभासन), Makarasana (मकरासन)
  - Pavanamuktasana (पवनमुक्तासन), Uttanapadasana (उत्तानपदासन), Ardha Halasana (अर्ध हलासन), Setubandhasana (सेतुबन्धासन)
  - Vipareetakarani (विपरीतकरणी), Saral Matsyasana (सरल मत्स्यासन), Shavasana (शवासन)
- 4.6 Preparatory Breathing Practices: Sectional breathing (abdominal, thoracic, and clavicular), Yogic deep breathing
- 4.7 Pranayama (प्राणायाम)
  - Concept of Puraka (पूरक), Rechaka (रेचक), and Kumbhaka (कुम्भक)
  - Anuloma Viloma/Nadi Shodhana (अनुलोम विलोम/नाड़ी शोधन), Sheetali (शीतली) (without Kumbhaka) Bhramari (भ्रामरी) (without Kumbhaka)

## Syllabus

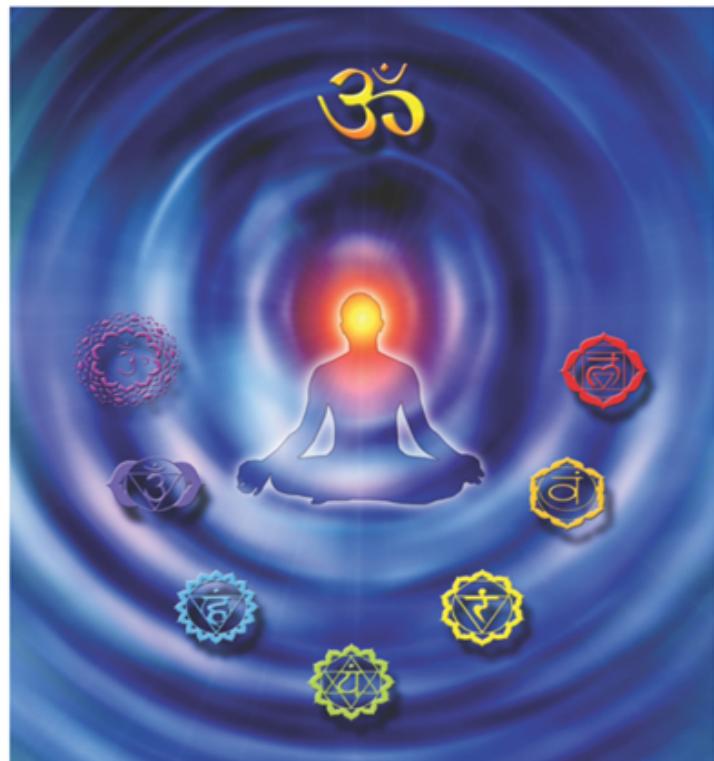
- 4.8 Understanding of Bandha (बन्ध)
  - Jalandhara Bandha (जलंधर बन्ध)
  - Uddiyana Bandha (उड्डियान बन्ध)
  - Mula Bandha (मूल बन्ध)
- 4.9 Understanding of Mudra (मुद्रा)
  - Hasta Mudras (हस्त मुद्राः) (Chin (चिन), Chinmaya (चिन्मय), Brahma (ब्रह्म), Adi (आदि), Jnana (ज्ञान), Dhyana (ध्यान), and Nasika (नासिका))
- 4.10 Practices leading to Meditation and Dhyana Sadhana (ध्यान साधना)
  - Recitation of Pranava (प्रणव) & Soham (सोऽहम्)
  - Recitation of selected hymns, invocations, and prayers from Vedas (वेदाः) & Upanishads (उपनिषदः)
  - Body and breath awareness
  - Yoga Nidra (योग निद्रा)

## Prayer: Concept and recitation of प्रणव Pranava and hymns

### Concept of प्रणव Pranava

- प्रणव Pranava: Fundamental sound in Yoga.
- Represents Om (ॐ), the cosmic vibration.
- Symbolizes the essence of Brahman.
- AUM: Components – A (creation), U (preservation), M (dissolution).
- Central in meditative practices.
- Mantra Japa: Repetition of Om (ॐ).
- Sound vibration: Enhances spiritual awareness.
- Promotes mental focus and calmness.

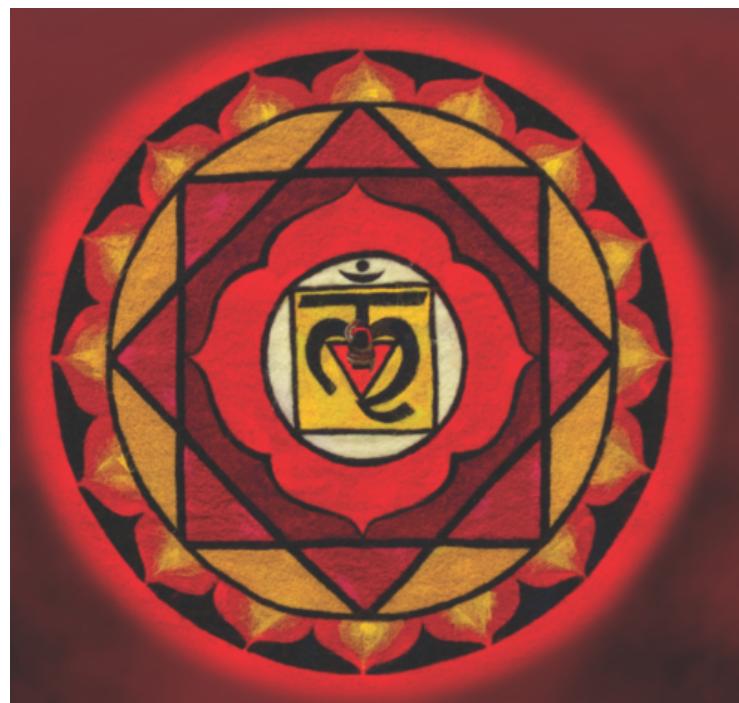
- Used in meditation and prayer.
- Deepens connection with the divine.



(Ref: Certification of Yoga Professionals Official Guidebook For Level I (Instructor))

### Concept of Hymns

- Hymns: Sacred verses in Yoga.
- Integral to rituals and devotional practices.
- Chanting hymns invokes spiritual energies.
- Vedic Hymns: Ancient, transcendental sound.
- Used for purification and blessings.



(Ref: Certification of Yoga Professionals Official Guidebook For Level I (Instructor))

## Yoga Cleansing Techniques

## धौती Dhauti

- Dhauti (धौती): Cleansing of the digestive tract.
- Involves internal purification.
- Helps in removing toxins from the body.
- Types include Vastra Dhauti (वस्त्र धौती) (cloth cleansing).
- Promotes digestive health and detoxification.
  - Vaman Dhauti (वमन धौती): uses saline, tepid water.
  - Danda Dhauti (दण्ड धौती): uses a rubber tube.
  - Vastra Dhauti (वस्त्र धौती): uses a cloth strip.



*Vaman Dhauti or Kunjal Kriya*

(Ref: What is Shatkarma? 6 Types of Shatkarma for Purification and Their Benefits - Yogi Anurag)



*Vastra Dhauti Kriya*



*Kapalbhati Kriya*

(Ref: What is Shatkarma? 6 Types of Shatkarma for Purification and Their Benefits - Yogi Anurag)

## नेति Neti

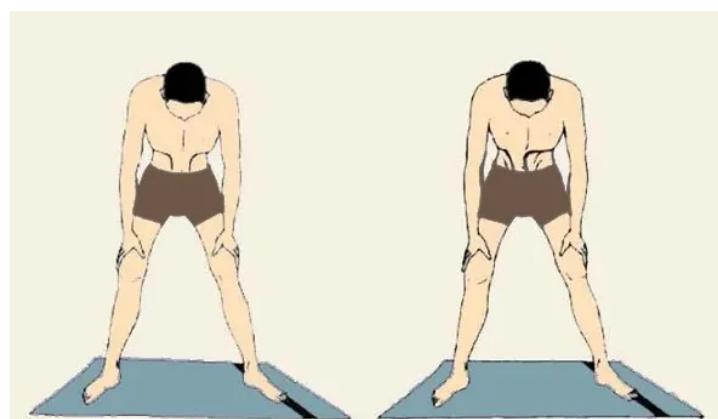
- Neti (नेति) Kriya cleanses the nasal passages using a neti pot with salt lukewarm water.
- Two types of Neti:
  - Jala Neti (जल नेति): Uses water to cleanse nostrils by pouring water through one nostril and expelling it out the other.
  - Sutra Neti (सूत्र नेति): Uses a rubber thread to massage nasal pathways and open blockages.



(Ref: What is Shatkarma? 6 Types of Shatkarma for Purification and Their Benefits - Yogi Anurag)

## कपालभाती Kapalabhati

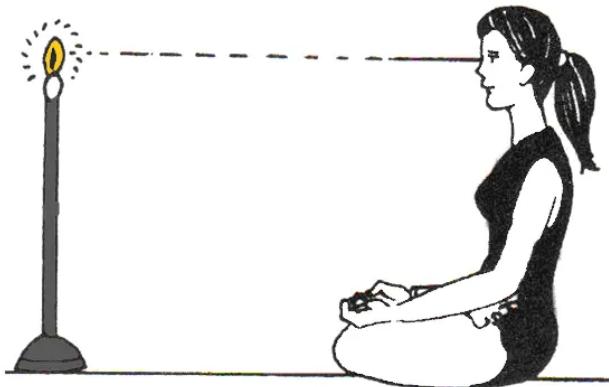
- Kapalabhati (कपालभाती) cleanses the frontal lobes and improves brain function.
- Known as Kapalabhati pranayama (कपालभाती प्राणायाम), it is a breathing technique.
- Involves rapid movement of the abdominal wall with breathing.
- In normal breathing, inhalation is active and exhalation is passive.
- In Kapalabhati breathing, exhalation is active and inhalation is passive.
- Emphasizing exhalation helps expel more impurities as CO<sub>2</sub>.



(Ref: What is Shatkarma? 6 Types of Shatkarma for Purification and Their Benefits - Yogi Anurag)

## त्राटक Trataka

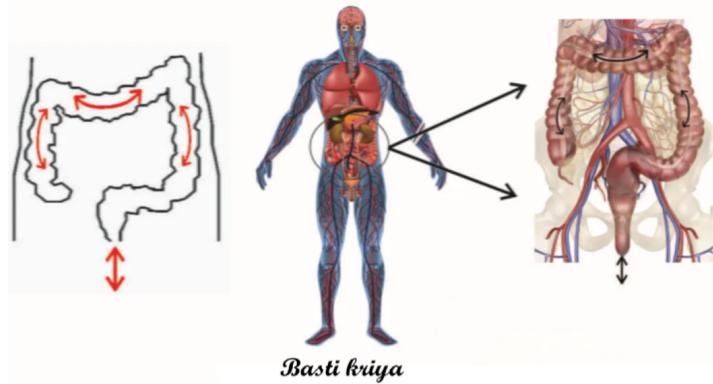
- Trataka (त्राटक) Kriya cleanses and exercises the eyes.
- Involves steady and continuous gazing at a reference point.
- Common reference point: Illuminated candle.
- Consistent practice increases concentration power.
- Two types of Trataka:
  - Internal Trataka (आन्तरिक त्राटक): Focus on trikuti (त्रिकुटी) (third eye) between eyebrows.
  - External Trataka (बाह्य त्राटक): Gazing at external objects that provide pleasure.



(Ref: What is Shatkarma? 6 Types of Shatkarma for Purification and Their Benefits - Yogi Anurag)

## बस्ती Basti

- Basti (बस्ती) Kriya cleanses the large intestine and cures 50% of abdominal diseases.
- Two types of Basti:
  - Sthala Basti (स्थल बस्ती)
  - Jala Basti (जल बस्ती)
- In both techniques, water is drawn in through the anus into the large intestine.
- Abdominal muscles are churned while holding water inside.
- Water is then expelled out through the anus.
- Purifies the colon, which nourishes almost all tissues of the body.

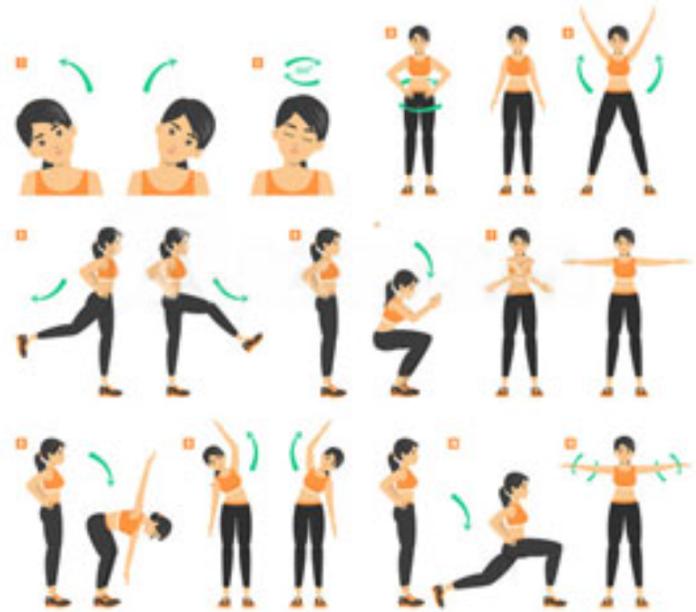


(Ref: What is Shatkarma? 6 Types of Shatkarma for Purification and Their Benefits - Yogi Anurag)

## योगिक सूक्ष्म व्यायाम Yogic Sukshma Vyayama and स्थूल व्यायाम Sthula Vyayama

## Sukshma Vyayama: Concept

- Sukshma Vyayama: Subtle exercise in Yoga.
- Focuses on micro-movements and joints.
- Enhances flexibility and joint mobility.
- Aims to prepare the body for more intense practices.
- Often used as a warm-up in Yoga sessions.
- Neck rotations: Improves neck flexibility.
- Shoulder rolls: Enhances shoulder mobility.
- Wrist and ankle movements: Prepares joints.
- Spinal twists: Facilitates spinal flexibility.
- Toe touches: Stretches hamstrings.



(Ref: Sukshma vyayama: The 7-minute relaxation exercise Activating the Joints)

## Neck Movement

- Greeva Shakti Vikasaka I (ग्रीवा शक्ति विकासक I): Forward and backward bending, Inhale Up, exhale down
- Greeva Shakti Vikasaka II (ग्रीवा शक्ति विकासक II): Right and Left Twisting, exhale turn, inhale back
- Greeva Shakti Vikasaka III (ग्रीवा शक्ति विकासक III): Right and Left tilt, exhale tilt, inhale back
- Greeva Shakti Vikasaka IV (ग्रीवा शक्ति विकासक IV): Neck Rotation
- Benefits (लाभ): Enhances flexibility and strength

(Ref: Day 02 of 30 Days of Yogic Journey — Guiding Principles for Yoga Practitioners and Yogic Sukshma Vyayama - Saatvik Life)

I, II, IV



### Trunk Movement

- Kati Shakti Vikasaka I (कटी शक्ति विकासक I): Backward bends, interlock palms, stretch them down backwards. Then forwards, head to knees.
- Kati Shakti Vikasaka II (कटी शक्ति विकासक II): Forward bends. Spread legs, hands on waist, bend forward, head to floor.
- Kati Shakti Vikasaka III (कटी शक्ति विकासक III): Hands on side ways, fast forward and backward bends
- Kati Shakti Vikasaka IV (कटी शक्ति विकासक IV): Side Twists, hands spread horizontally
- Kati Shakti Vikasaka V (कटी शक्ति विकासक V): Rotational stretches, spread legs, hands spread horizontally
- Benefits (लाभ): Strengthens core, improves flexibility



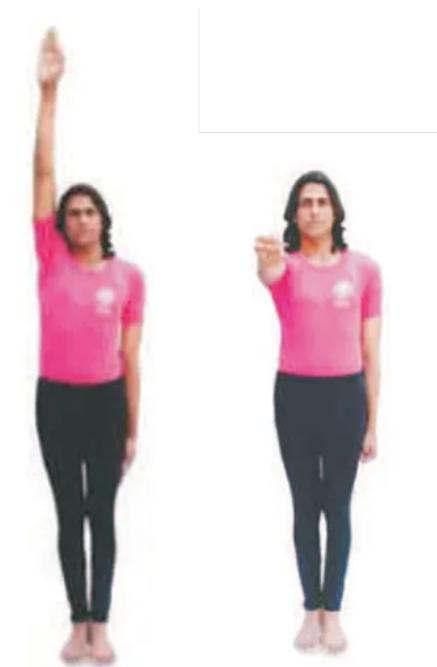
III



### Shoulder Movement

- Bhuja Valli Shakti Vikasaka (भुजा वल्ली शक्ति विकासक): Arm circles, one/two hands, both, forward, backward
- Bhuja Valli Shakti Vikasaka (भुजा वल्ली शक्ति विकासक): Shoulder shrugs
- Purna Bhuja Shakti Vikasaka (पूर्ण भुजा शक्ति विकासक): Shoulder rotations
- Purna Bhuja Shakti Vikasaka (पूर्ण भुजा शक्ति विकासक): Arm raises
- Benefits (लाभ): Increases range of motion and strength

(Ref: SUKSHMA VYAYAMA. STHULA VYAYAMA. YOGA. WARM UP. MICRO CIRCULATION. MACRO CIRCULATION. YOGIC WARM UP. - Living 150)



### Knee Movement

- Janu Shakti Vikasaka (जनु शक्ति विकासक): Leg up, knee below - forward and backward, both legs alternate
- Janu Shakti Vikasaka (जनु शक्ति विकासक): Side stretches
- Benefits (लाभ): Enhances knee strength and flexibility

(Ref: Day 03 of 30 Days of Yogic Journey — Guiding Principles for Yoga Practitioners and Yogic Sukshma Vyayama - Saatvik Life)



(Ref: Day 02 of 30 Days of Yogic Journey — Guiding Principles for Yoga Practitioners and Yogic Sukshma Vyayama - Saatvik Life)

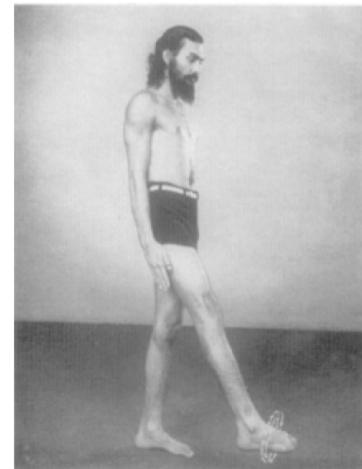
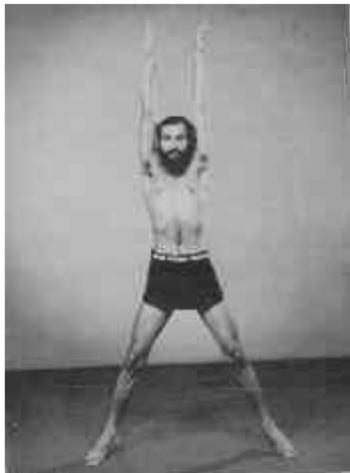


## Thighs Movement

- Jangha Shakti Vikasaka II-A (जंघ शक्ति विकासक I): Jumping Jacks
- Jangha Shakti Vikasaka II-A (जंघ शक्ति विकासक II-A): Thighs together, sit like in chair with hands front and up
- Jangha Shakti Vikasaka II-B (जंघ शक्ति विकासक II-B): Thighs spread like rhombus, sit with hands front and up
- Benefits (लाभ): Enhances thighs strength and flexibility



(Ref: Day 03 of 30 Days of Yogic Journey — Guiding Principles for Yoga Practitioners and Yogic Sukshma Vyayama  
- Saatvik Life)



## Sthula Vyayama : Concept

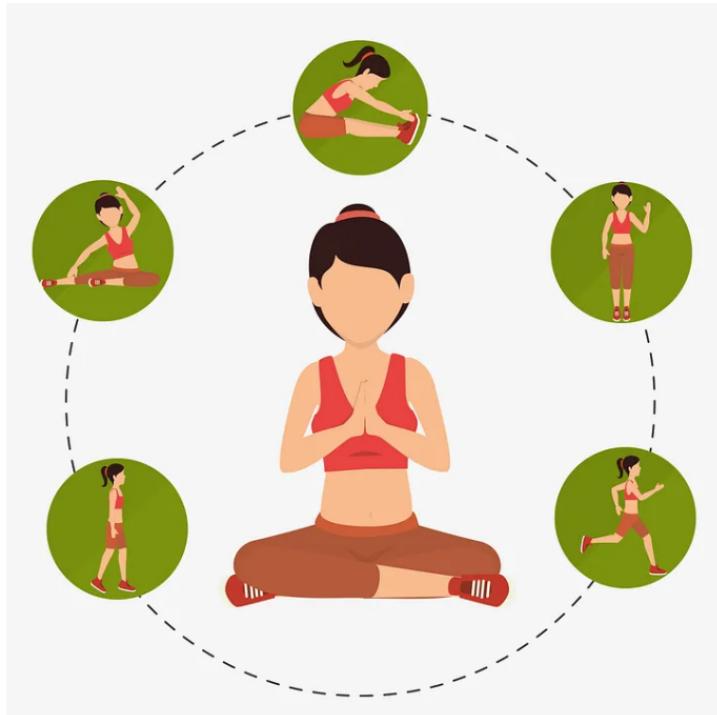


- Sthula Vyayama: Gross exercise in Yoga.
- Focuses on muscle strength and physical endurance.
- Includes dynamic movements and stretches.
- Aims to build strength and stamina.
- Often part of physical Yoga routines.

## Ankle Movement

- Pada-mula Shakti Vikasaka A (पाद-मूल शक्ति विकासक A): Raise heels and down
- Pada-mula Shakti Vikasaka B (पाद-मूल शक्ति विकासक B): Jump on toes
- Gulpha-pada-pristha-pada-tala Shakti Vikasaka (गुल्फ-पाद-पृष्ठ-पाद-तल शक्ति विकासक): Ankle circles Flexion and extension
- Benefits (लाभ): Improves ankle mobility and strength

- Push-ups: Strengthens upper body.
- Squats: Builds leg muscles.
- Planks: Engages core muscles.
- Lunges: Improves lower body strength.
- Leg raises: Strengthens abdominal muscles.



(Ref: Day 06 of 30 Days of Yogic Journey — Guiding Principles for Yoga Practitioners and Yogic Sukshma Vyayama  
- Saatvik Life)

## Sarvanga Pushti

- Sarvanga Pushti: Full-body strength exercise
- Objective: Enhance overall muscular strength
- Execution: Perform with controlled movements
- Focus: Engage all major muscle groups
- Benefits: Improves strength, endurance, and balance
- Contradictions: high bp, cardiac issues, back pain, neck pain should not do this



**Sarvangapushti**

(Ref: Day 04 of 30 Days of Yogic Journey — Guiding Principles for Yoga Practitioners and Yogic Sukshma Vyayama  
- Saatvik Life)

## Hrid Gati (Engine Daud)

- Hrid Gati: Cardio exercise mimicking running
- Objective: Improve cardiovascular health
- Execution: Perform in a rhythmic, steady pace
- Focus: Maintain consistent breathing and pace
- Benefits: Boosts heart health, endurance, and stamina



## Hirdgati

(Ref: Day 04 of 30 Days of Yogic Journey — Guiding Principles for Yoga Practitioners and Yogic Sukshma Vyayama  
- Saatvik Life)

## Comparison of Sukshma and Sthula Vyayama

- Sukshma Vyayama: Focus on joints and flexibility.
- Sthula Vyayama: Targets muscle strength and endurance.
- Sukshma: Gentle and subtle movements.
- Sthula: Dynamic and strength-based exercises.
- Both complement each other in a balanced Yoga practice.

## Yogic Surya Namaskara

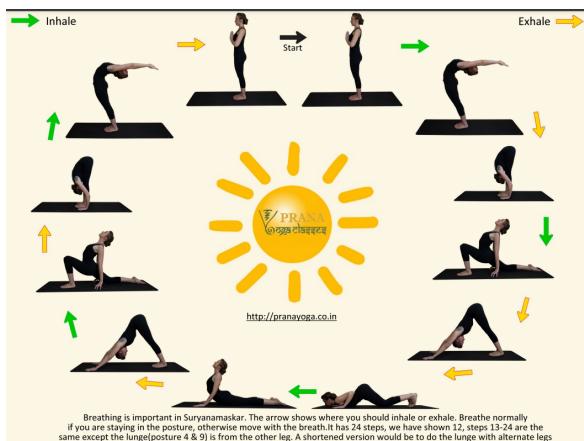
### Surya Namaskara: Concept

- Surya Namaskara: Sun Salutation.
- Integral part of Hatha Yoga.
- Consists of a sequence of 12 postures.
- Aims to energize and purify the body.
- Traditionally performed facing the sunrise.
- Benefits of Surya Namaskara
  - Improves flexibility and strength.
  - Enhances circulation and digestion.
  - Promotes mental calmness and focus.
  - Helps in weight management and detoxification.
  - Strengthens the immune system.
  - Precaution and Tips
    - \* Perform on an empty stomach.
    - \* Avoid if you have back pain or injuries.
    - \* Practice in a well-ventilated area.
    - \* Keep the breathing smooth and steady.
    - \* Focus on alignment and posture.

## Sequence of Surya Namaskara

- 1. Pranamasana (प्रणामासना): Prayer Pose.
- 2. Hasta Uttanasana (हस्त उत्तानासन): Raised Arms Pose. Inhale
- 3. Padahastasana (पदहस्तासन): Hand to Foot Pose. Exhale.
- 4. Ashwa Sanchalanasana (अश्व संचारणासन): Equestrian Pose. Inhale.
- 5. Chanturang Dandasana (चतुरंग दंडासन/ संतुलनासन ): Plank Pose. Exhale.
- 6. Ashtanga Namaskara (अष्टांग नमस्कार): Salute with Eight Points. Retain.
- 7. Bhujangasana (भुजंगासन): Cobra Pose. Inhale.
- 8. Adho Mukha Svanasana (अधोमुख श्वानासन, पर्वतासन ): Downward Facing Dog. Exhale.
- 9. Ashwa Sanchalanasana (अश्व संचारणासन): Equestrian Pose (repeated). Inhale.
- 10. Padahastasana (पदहस्तासन): Hand to Foot Pose (repeated). Exhale.
- 11. Hasta Uttanasana (हस्त उत्तानासन): Raised Arms Pose (repeated). Inhale.
- 12. Pranamasana (प्रणामासना): Prayer Pose (repeated). Exhale.

## Sequence of Surya Namaskara



## Sequence of Surya Namaskara

भृंगासन	ॐ हिरण्यगारुदं नमः।	क्षमा	ॐ हौ	
पर्वतासन	ॐ रवेन्द्र नमः।	उच्चास		
अश्वसंचालन	ॐ अश्विनीय नमः।	क्षमा	ॐ है	
पादहस्तासन	ॐ चक्रिये नमः।	उच्चास	ॐ है	
हस्त उत्तानासन	ॐ अवृत्ति नमः।	क्षमा	हौ	
द्वाष्टासन	ॐ भ्रामराग नमः।	उच्चास	ॐ हृ	

ॐ श्रीसवितृसूर्यनारायणाय नमः ।

## Yogasana

### Tadasana

- Stand with feet together, arms by sides.
- Distribute weight evenly on both feet.
- Engage thighs and lift chest.
- Extend arms overhead, palms facing each other.
- Hold the pose and breathe deeply.
- Benefits: Improves posture, strengthens legs, and enhances concentration.
- Contraindications: Avoid if you have low blood pressure or are recovering from surgery.



प्रणामासन	ॐ शिवाय नमः।	उच्चास	ॐ हौ	
हस्तउत्तानासन	ॐ रवेन्द्र नमः।	क्षमा	ॐ हौ	
पादहस्तासन	ॐ चक्रिये नमः।	उच्चास	ॐ है	
अश्वसंचालन	ॐ अश्विनीय नमः।	क्षमा	ॐ है	
पर्वतासन	ॐ रुद्राय नमः।	उच्चास	ॐ हौ	
अष्टांग नमस्कार	ॐ पूर्णे नमः।	रेता	ॐ हृ	

(Ref: Certification of Yoga Professionals Official Guidebook For Level I (Instructor))

### Vrikshasana

- Stand in Tadasana position.
- Shift weight to one foot, bend the other knee.
- Place the sole of the bent foot on the inner thigh of the standing leg.

## Sequence of Surya Namaskara

- Join hands in front of the chest or extend overhead.
- Hold the position, focus on balance.
- Benefits: Enhances balance, strengthens legs, and improves concentration.
- Contraindications: Avoid if you have knee or ankle injuries.



### Padahastasana

- Stand with feet together, arms by sides.
- Inhale and raise arms overhead.
- Exhale and bend forward, reaching for the feet.
- Keep knees slightly bent if needed.
- Hold the pose and breathe deeply.
- Benefits: Stretches hamstrings, improves flexibility, and calms the mind.
- Contraindications: Avoid if you have back or hamstring injuries.

(Ref: Certification of Yoga Professionals Official Guidebook For Level I (Instructor))

### Ardha Chakrasana or Hastottanasan

- Stand with feet shoulder-width apart.
- Place hands on lower back for support.
- Inhale and lift chest, pressing hips forward.
- Exhale and gently arch the back.
- Hold the pose, breathing deeply.
- Benefits: Stretches spine, improves posture, and relieves back pain.
- Contraindications: Avoid if you have back injuries or abdominal issues.



(Ref: Certification of Yoga Professionals Official Guidebook For Level I (Instructor))



### Kati Chakrasana

- Stand with feet shoulder-width apart, arms outstretched.
- Twist torso to one side, bringing opposite hand to shoulder.
- Hold the twist, then return to center.
- Repeat on the other side.
- Breathe deeply during each twist.
- Benefits: Enhances spinal flexibility, massages abdominal organs, and improves digestion.
- Contraindications: Avoid if you have back or spinal issues.

(Ref: Certification of Yoga Professionals Official Guidebook For Level I (Instructor))



Dandasana

- Sit with legs extended, feet flexed.
- Keep spine straight and shoulders relaxed.
- Place hands beside hips, fingers pointing forward.
- Engage thigh muscles and lift chest.
- Hold the pose, breathing steadily.
- Benefits: Strengthens back and legs, improves posture, and calms the mind.
- Contraindications: Avoid if you have lower back pain or hamstring injuries.



(Ref: Prana Yoga)

### Trikonasana

- Stand with feet wide apart, arms extended.
- Turn one foot out and the other foot slightly in.
- Reach towards the foot, placing hand on ankle or shin.
- Extend the other arm upwards, gaze up.
- Hold the position, then switch sides.
- Benefits: Stretches legs, improves balance, and strengthens core.
- Contraindications: Avoid if you have leg or back injuries.



(Ref: Certification of Yoga Professionals Official Guidebook For Level I (Instructor))

### Sukhasana

- Sit with legs crossed comfortably.
- Place hands on knees or in a mudra.
- Keep spine upright and shoulders relaxed.
- Close eyes and focus on breath.
- Hold the position, breathing deeply.
- Benefits: Promotes relaxation, improves flexibility, and calms the mind.
- Contraindications: Avoid if you have knee or hip injuries.



(Ref: Certification of Yoga Professionals Official Guidebook For Level I (Instructor))

## Padmasana

- Sit with legs extended, then bend one knee.
- Place the foot on the opposite thigh.
- Repeat with the other leg, placing the foot on the opposite thigh.
- Keep spine straight and shoulders relaxed.
- Hold the position, focusing on breath.
- Benefits: Enhances meditation, stretches hips, and calms the mind.
- Contraindications: Avoid if you have knee or hip injuries.



(Ref: Certification of Yoga Professionals Official Guidebook For Level I (Instructor))



(Ref: Certification of Yoga Professionals Official Guidebook For Level I (Instructor))

## Bhadrasana

- Sit with legs extended, then bend knees and bring feet together.
- Place feet close to the pelvis, holding toes with hands.
- Press knees gently towards the floor.
- Keep spine erect and shoulders relaxed.
- Hold the pose and breathe deeply.
- Benefits: Opens hips, improves flexibility, and calms the mind.
- Contraindications: Avoid if you have knee or hip injuries.



(Ref: Patanjali Japan Foundation)

## Vajrasana

- Kneel on the floor, sit back on heels.
- Keep thighs perpendicular to the floor.
- Place hands on knees, palms facing down.
- Keep spine straight and shoulders relaxed.
- Breathe deeply, holding the position.
- Benefits: Aids digestion, relieves lower back pain, and improves posture.
- Contraindications: Avoid if you have knee or ankle injuries.

## Mandukasana

- Start in a kneeling position, sit on heels.
- Place palms together in front of the chest.

- Inhale and stretch arms forward, keeping palms together.
- Exhale and bring hands back to the chest.
- Repeat the sequence.
- Benefits: Improves flexibility of hips and thighs, enhances focus.
- Contraindications: Avoid if you have knee or back issues.



(Ref: Certification of Yoga Professionals Official Guidebook For Level I (Instructor))

### Uttana Mandukasana

- Start in Mandukasana position.
- Bend forward from hips, extending arms forward.
- Rest forehead on the floor, keep arms extended.
- Hold the position, breathing deeply.
- Benefits: Enhances spinal flexibility, stretches back and thighs.
- Contraindications: Avoid if you have knee or back injuries.



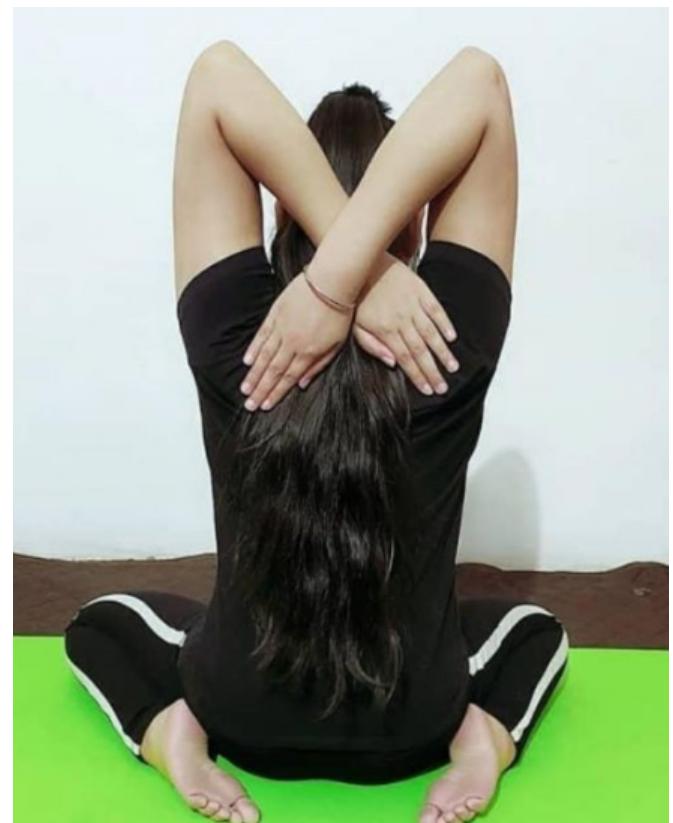
(Ref: Atma Bodh)

### Ushtrasana

- Kneel with knees hip-width apart.
- Place hands on lower back for support.
- Inhale and lift chest, arching back.
- Reach for heels with hands, if possible.
- Hold the position, breathing deeply.
- Benefits: Stretches the entire front body, opens chest, and improves posture.
- Contraindications: Avoid if you have back or neck issues.



(Ref: Certification of Yoga Professionals Official Guidebook For Level I (Instructor))



(Ref: Certification of Yoga Professionals Official Guidebook For Level I (Instructor))

### Paschimottanasana

- Sit with legs extended, feet flexed.
- Inhale and lengthen spine.
- Exhale and bend forward, reaching for feet.
- Hold the pose and breathe deeply.
- Benefits: Stretches the spine and hamstrings, calms the mind.
- Contraindications: Avoid if you have back or hamstring injuries.

### Shashankasana

- Kneel and sit on heels.
- Extend arms forward on the floor.
- Rest forehead on the ground.
- Hold the position, breathing deeply.
- Benefits: Relieves stress, stretches back and thighs.
- Contraindications: Avoid if you have knee or back injuries.



(Ref: Certification of Yoga Professionals Official Guidebook For Level I (Instructor))

## Purvottanasana

- Sit with legs extended and hands behind hips.
- Inhale and lift hips off the floor, pressing palms into the ground.
- Open chest and face upward.
- Hold the pose and breathe deeply.
- Benefits: Strengthens arms and shoulders, stretches chest and front body.
- Contraindications: Avoid if you have wrist or shoulder injuries.



(Ref: Ekhart Yoga)



(Ref: Himalayan Yoga Ashram)

## Bhujangasana

- Lie on your stomach, legs extended, and feet together.
- Place hands under shoulders, elbows close to the body.
- Inhale and lift chest, keeping the navel on the floor.
- Hold the pose and breathe deeply.
- Benefits: Strengthens back, stretches chest and shoulders.
- Contraindications: Avoid if you have back or wrist injuries.



(Ref: Certification of Yoga Professionals Official Guidebook For Level I (Instructor))

## Vakrasana

- Sit with legs extended and back straight.
- Bend one knee and place the foot on the outside of the opposite thigh.
- Twist torso towards the bent knee, placing the opposite elbow on the knee.
- Hold the twist, then switch sides.
- Benefits: Enhances spinal flexibility, massages abdominal organs.
- Contraindications: Avoid if you have spinal or abdominal issues.



(Ref: CONDE NAST TRAVELLER)

## Gomukhasana

- Sit with legs crossed, one knee stacked on top of the other.
- Bring one arm behind the back, and the other arm over the shoulder.
- Join hands behind the back if possible.
- Hold the pose and breathe deeply.
- Benefits: Stretches shoulders, hips, and thighs.
- Contraindications: Avoid if you have shoulder or knee injuries.

## Shalabhasana

- Lie on your stomach, arms by sides.
- Inhale and lift legs and chest off the floor.
- Keep arms and feet active.
- Hold the position, breathing deeply.
- Benefits: Strengthens lower back, improves posture.
- Contraindications: Avoid if you have back or abdominal issues.



(Ref: Certification of Yoga Professionals Official Guidebook For Level I (Instructor))

## Makarasana

- Lie on your stomach, arms extended to sides.
- Bend knees and place feet on the floor.
- Rest forehead on the hands or ground.
- Breathe deeply and relax.
- Benefits: Relieves back pain, relaxes spine.
- Contraindications: None.



(Ref: Vydy Health)

### Pavanamuktasana

- Lie on your back, knees bent, and feet on the floor.
- Hug knees to chest, interlace fingers around shins.
- Lift head and shoulders off the floor.
- Hold the position and breathe deeply.
- Benefits: Relieves gas, massages abdominal organs.
- Contraindications: Avoid if you have back issues or are pregnant.



(Ref: Certification of Yoga Professionals Official Guidebook For Level I (Instructor))

### Uttanapadasasana / Ardha Halasana

- Lie on your back, legs extended, and arms by sides.
- Inhale and lift legs to a 45-degree angle.
- Keep back and shoulders on the floor.
- Hold the position and breathe deeply.
- Benefits: Strengthens abdominal muscles, tones legs.
- Contraindications: Avoid if you have back or leg issues.



(Ref: Bodhi School of Yoga)

### Setubandhasana

- Lie on your back, knees bent, feet on the floor.
- Lift hips towards the ceiling, pressing into feet.
- Interlace fingers under back for support.
- Hold the position and breathe deeply.
- Benefits: Strengthens back and legs, stretches chest.
- Contraindications: Avoid if you have neck or back injuries.



(Ref: Rishikesh Yogis Yogashala)

### Vipareetkarani

- Lie on your back, legs extended.
- Lift legs and hips towards the ceiling.
- Support lower back with hands if needed.
- Keep shoulders and neck relaxed on the floor.
- Hold the position and breathe deeply.
- Benefits: Improves circulation, reduces stress.
- Contraindications: Avoid if you have neck or back issues.



(Ref: Yoga4Lyf)

### Saral Matsyasana

- Lie on your back, legs extended.
- Place hands under hips for support.
- Lift chest and head, arching back.
- Keep elbows close to the floor, shoulders relaxed.
- Hold the position and breathe deeply.
- Benefits: Stretches chest and neck, improves posture.
- Contraindications: Avoid if you have neck or back injuries.



(Ref: Kerala Tourism)

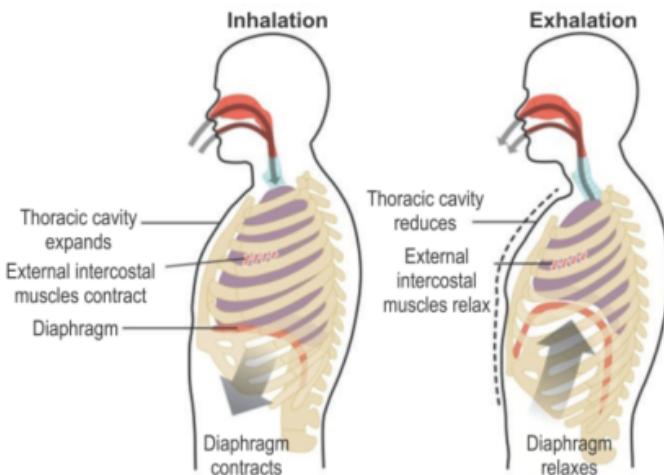
# Preparatory Breathing Practices

## Preparatory Breathing Practices : Overview

- Preparatory Breathing: Essential for effective practice.
- Prepares the body for deeper and advanced breathing techniques.
- Helps in calming the mind and focusing attention.
- Improves lung capacity and respiratory function.
- Integrates with asanas for enhanced practice.

## Abdominal Breathing (Diaphragmatic Breathing)

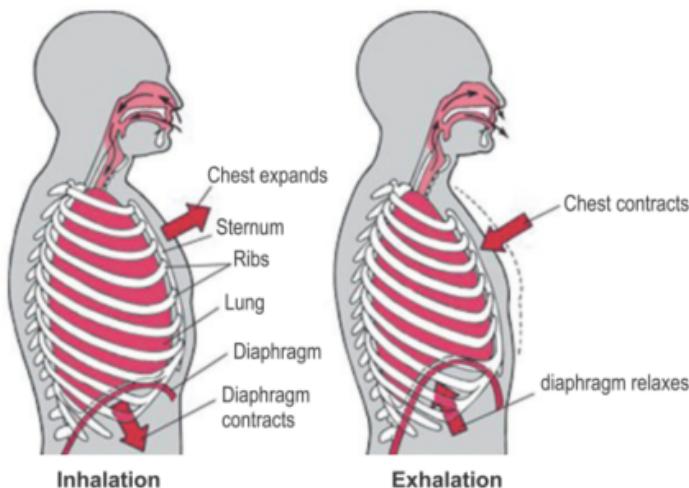
- Focuses on diaphragm movement.
- Inhale deeply through the nose, expanding the abdomen.
- Exhale slowly through the mouth, contracting the abdomen.
- Promotes relaxation and stress relief.
- Enhances oxygenation and lung efficiency.



(Ref: Certification of Yoga Professionals Official Guidebook For Level I (Instructor))

## Chest Breathing

- Involves the chest and intercostal muscles.
- Inhale to expand the chest and rib cage.
- Exhale to contract the chest.
- Useful for increasing lung capacity.
- Often combined with abdominal breathing for balance.



(Ref: Certification of Yoga Professionals Official Guidebook For Level I (Instructor))

## Clavicular Breathing

- Focuses on upper chest and collarbone.
- Inhale to lift the clavicles and expand the upper chest.
- Exhale to lower the clavicles.
- Helps in expanding lung capacity.
- Often used in conjunction with other breathing techniques.



(Ref: Sri Sri School of Yoga)

## Combination Breathing (Three-Part Breathing)

- Combines abdominal, chest, and clavicular breathing.
- Inhale first into the abdomen, then the chest, and finally the clavicles.
- Exhale in reverse order.
- Enhances complete lung expansion.
- Provides a holistic breathing experience.



(Ref: Beginner Yoga Flow)

## प्राणायाम Pranayama

## प्राणायाम Pranayama : Concept

- Pranayama: Control of breath.
- Derived from Sanskrit, meaning extension of life force.
- Essential for mental and physical health.
- Regulates energy flow and calms the mind.
- Integrates with asana for holistic practice.
- यम, नियम, आसन, प्राणायाम, प्रत्याहार, धारणा, ध्यान, तथा समाधि । प्राणायाम = प्राण + आयाम । इसका शाब्दिक अर्थ है - प्राण या श्वसन को लम्बा करना या फिर जीवनी शक्ति को लम्बा करना । प्राणायाम का अर्थ कुछ हद तक श्वास को नियंत्रित करना हो सकता है । परन्तु श्वास को कम करना नहीं होता है । प्राण या श्वास का आयाम या विस्तार ही प्राणायाम कहलाता है । यह प्राण-शक्ति का प्रवाह कर व्यक्ति को जीवन शक्ति प्रदान करता है ।
- क्रिया: पूरकः श्वास धेणे , कुम्भकः : रोखणे , रेचकः : सोडणे

## Types of Pranayama

- अनुलोम विलोम Anulom Vilom: Alternate nostril breathing.
- कपालभाती Kapalabhati: Skull shining breath.
- भ्रामरी Bhramari: Bee breath.
- उज्ज्वाली Ujjayi: Victorious breath.
- शीतली Sitali: Cooling breath.
- धेरन्ड संहिता के अनुसार - संहितः सूर्यभेदश्च उज्ज्वाली शीतली तथा । भस्त्रिका भ्रामरी मूर्च्छा केवली चाषकुम्भकाः ॥
- धेरन्ड संहिता के अनुसार प्राणायाम के आठ भेद बताए गए हैं -संहित, सूर्यभेदी, उज्ज्वाली, शीतली, भस्त्रिका, भ्रामरी, मूर्च्छा और केवली ।
- हठप्रदीपिका के अनुसार -सूर्यभेदनमुज्ज्ञायी सीतकारी शीतली तथा । भस्त्रिका भ्रामरी मूर्च्छा प्लाविनीत्यष्ट कुम्भकः ॥
- हठप्रदीपिका के अनुसार प्राणायाम के आठ भेद निम्न हैं - सूर्यभेदन, उज्ज्वाली, सीतकारी, शीतली, भस्त्रिका, भ्रामरी, मूर्च्छा और प्लाविनी ये आठ प्रकार के कुम्भक (प्राणायाम ) होते हैं ।

## Benefits of Pranayama

- Enhances lung capacity and respiratory function.
- Balances nervous system and reduces stress.
- Improves mental clarity and focus.
- Supports emotional stability.
- Aids in detoxification and energetic balance.

## अनुलोम विलोम Anulom Vilom (Alternate Nostril Breathing)

- Inhale through one nostril, exhale through the other.
- Balances energy and hemispheres of the brain.
- Enhances mental clarity and calmness.
- Improves respiratory function.
- Practice for 5-10 minutes daily.



(Ref: Certification of Yoga Professionals Official Guidebook For Level I (Instructor))

## कपालभाती Kapalabhati (Skull Shining Breath)

- Forceful exhalation followed by passive inhalation.
- Energizes and cleanses the respiratory system.
- Increases lung capacity and mental alertness.
- Practice for 1-2 minutes daily.
- Avoid if you have high blood pressure or heart issues.



## Kapalbhati Kriya

(Ref: Certification of Yoga Professionals Official Guidebook For Level I (Instructor))

## भ्रामरी Bhramari (Bee Breath)

- Inhale deeply and exhale with a humming sound.
- Calms the nervous system and reduces anxiety.
- Enhances concentration and mental clarity.

- Practice for 2-3 minutes daily.
- Effective in reducing stress and improving mood.



(Ref: Certification of Yoga Professionals Official Guidebook For Level I (Instructor))

### उज्जायी Ujjayi (Victorious Breath)

- Inhale and exhale with a slight constriction of the throat.
- Produces a soothing and hissing sound.
- Enhances concentration and energy.
- Balances the nervous system.
- Practice during asanas for better focus.



(Ref: Certification of Yoga Professionals Official Guidebook For Level I (Instructor))

## Understanding of मुद्रा Mudra

### Understanding of मुद्रा Mudra : Overview

- मुद्रा Mudra: Sacred hand gestures or seals.
- Originates from Sanskrit, meaning seal or gesture.
- Used to channel and direct energy. प्राण शक्ती
- Enhances meditation and spiritual practices.
- Integrates with आसन asanas and प्राणायाम pranayama.
- Energy typically leaves via fingers, arresting it, it is driven back into body.

### Types of Mudras

- Hasta Mudras (हस्त मुद्रा): Hand gestures.
- Kaya Mudras (काय मुद्रा): Body gestures.
- Mukh Mudras (मुख मुद्रा): Facial gestures.
- Bandhas (बंधन): Internal locks.
- Chakra Mudras (चक्र मुद्रा): Energy center gestures.

### Hasta Mudras (Hand Gestures)

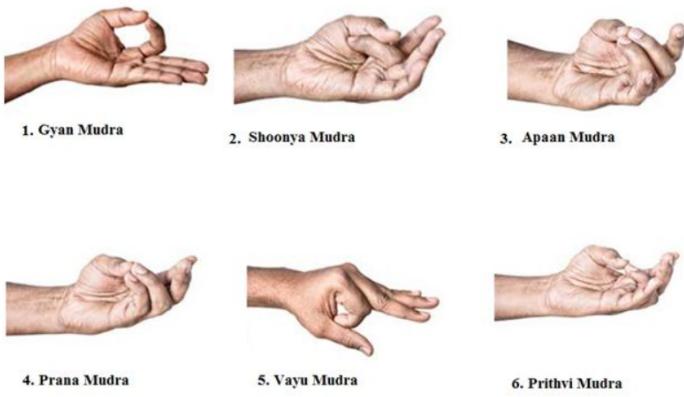
- Gyan Mudra (ज्ञान मुद्रा): Knowledge gesture. First finger tip touching thumb, palms down. Mind stability.
- Chin Mudra (चिन मुद्रा): Consciousness gesture. First finger tip touching thumb, palms up. Chest opens.
- Chinmay Mudra (चिन्मय मुद्रा): Humbleness gesture. First finger tip touching thumb, other fingers folded as a fest, facing up. Humbleness, grounded.
- Brahma Mudra (ब्रह्म मुद्रा): Divine gesture. Thumb folded inside towards little finger, rest of the fingers folded to form a fist, both fists joined and kept at naval. Good for overall health.
- Adi Mudra (आदि मुद्रा): Same fists as above, don't join but keep on thighs. Stores energy.
- Dhyan Mudra (ध्यान मुद्रा): Palms facing up on each other, kept below naval.
- Nasika/Vishnu Mudra (नासिका / विष्णु मुद्रा): First two fingers folded. Balancing. Used in Anulom Vilom.



(Ref: Certification of Yoga Professionals Official Guidebook For Level I (Instructor))

### शीतली Sitali (Cooling Breath)

- Inhale through a rolled tongue or pursed lips.
- Exhale through the nose.
- Cools the body and mind.
- Helps in reducing stress and calming emotions.
- Practice in hot weather or when feeling overheated.



(Ref: Himalayan Yoga Academy)

## Kaya Mudras (Body Gestures)

- Mudras with Postures: Integration of body and gesture.
- Viparita Karani (विपरीत करणी): Legs up the wall pose.
- Sarvangasana (सर्वांगासन): Shoulder stand.
- Adho Mukha Svanasana (अधोमुख श्वानासन): Downward facing dog.
- Enhances energy flow and stability.



(Ref: Certification of Yoga Professionals Official Guidebook For Level I (Instructor))

## बन्ध Bandhas (Internal Locks)

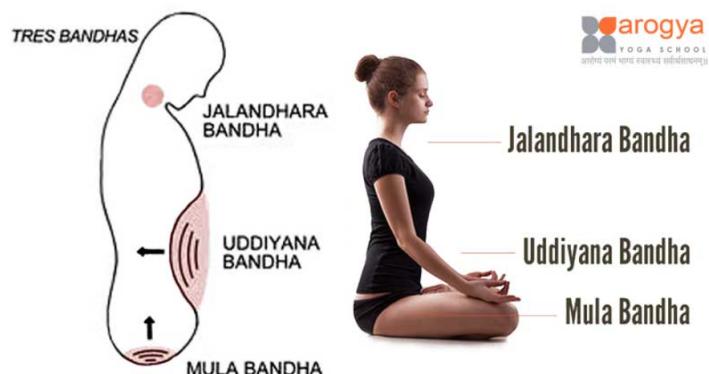
- Mula Bandha (मूल बन्ध): Root lock.
- Uddiyana Bandha (उड्डीयान बन्ध): Abdominal lock.
- Jalandhara Bandha (जालंधर बन्ध): Throat lock.
- Regulates energy and prana.
- Enhances stability and focus.



(Ref: Prana Sutra)

## Mukh Mudras (Facial Gestures)

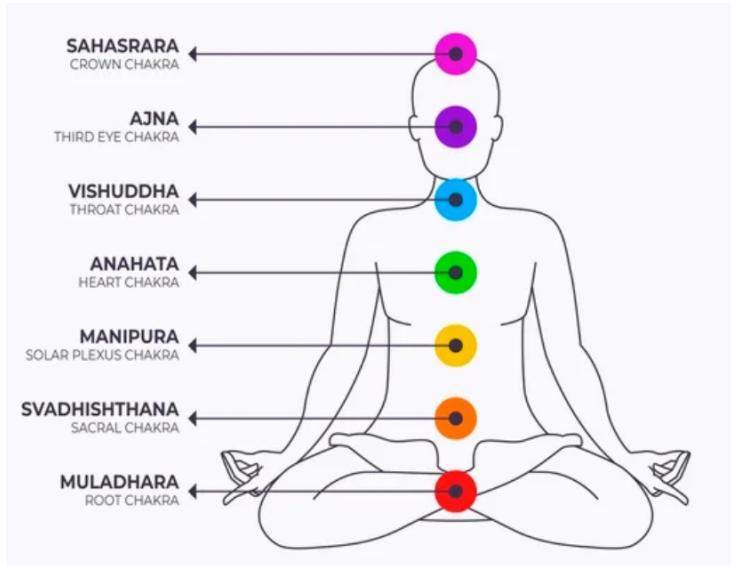
- Khechari Mudra (खेचरी मुद्रा): Tongue gesture.
- Bhrumadhy Mudra (भूमध्य मुद्रा): Eyebrow gesture.
- Shambhavi Mudra (शाम्भवी मुद्रा): Eyebrow center gaze.
- Enhances mental focus and inner vision.
- Integrates with meditation and pranayama.



(Ref: Arogya Yoga School)

## Chakra Mudras (Energy Center Gestures)

- Root Chakra Mudra (मूलाधार चक्र मुद्रा): Grounding gesture.
- Heart Chakra Mudra (अनाहत चक्र मुद्रा): Love gesture.
- Third Eye Chakra Mudra (आङ्ग्ण चक्र मुद्रा): Intuition gesture.
- Aligns energy centers and enhances meditation.
- Supports spiritual growth and balance.



(Ref: Raja Yoga Rishikesh)

## Practices leading to Meditation and ध्यान साधना Dhyana Sadhana

### Practices Leading to Meditation and ध्यान साधना Dhyana Sadhana

- Mindfulness: Develop awareness of thoughts and emotions.
- Breathing Techniques: Practice Pranayama to calm the mind.
- Asanas: Perform stabilizing poses to prepare for meditation.
- Concentration Exercises: Engage in focusing techniques to enhance mental clarity.
- Visualization: Use guided imagery to support meditative focus.

## Teaching Skills

### Syllabus

- Essentials of good lesson plan: concepts, needs, planning of teaching Yoga (Shatkriya, Asana, Pranayama & practices leading to Dhyana)
- Principles of teaching Yoga protocol to different groups (beginners, children, youth, women, Geriatric population, and special attention group).
- Preparation for a Yoga class (before and during the class)
- Factors influencing yoga teaching.
- Class management in Yoga: its meaning and needs.
- Conducting yoga practical lessons: Precautions & Contraindications of practices)
- Salient features of Ideal Yoga Instructor.
- Models of ideal Yoga lesson plans

## Introduction

### Yoga Teaching Essentials

- Benefits :
  - Promotes health and happiness.
  - Fosters instructor growth.
  - Offers diverse opportunities.
- Effective Teaching :
  - Activity and experience are vital.
  - Correct practice is essential.
  - Observation enhances skills.
  - Visuals aid motor learning.
- Methods :
  - Combine lectures with practicals.
  - Use visuals for retention.
  - Ensure uniform responses.
  - Facilitate hands-on applications.
- Challenges :
  - Tech changes teaching dynamics.
  - Teachers must know more than students.
  - Commit to researching answers.

**Essentials of good lesson plan: concepts, needs, planning of teaching Yoga (Shatkriya, Asana, Pranayama & practices leading to Dhyana)**

### Essentials of Good Lesson Plan

- Concepts: Clearly define objectives for Shatkriya, Asana, Pranayama, and Dhyana.
- Needs Assessment: Identify student needs and levels of experience.
- Structure: Organize class flow with warm-up, practice, and cool-down.
- Timing: Allocate appropriate time for each segment.
- Flexibility: Be adaptive to student feedback and progress.



(Ref: Certification of Yoga Professionals Official Guidebook For Level I (Instructor))

**Principles of teaching Yoga protocol to different groups (beginners, children, youth, women, Geriatric population, and special attention group)**

## Principles of Teaching Yoga Protocol to Different Groups

- Beginners: Use simple instructions and basic poses.
- Children: Include fun and interactive elements.
- Youth: Emphasize strength and endurance.
- Women: Adapt for pregnancy and menstruation.
- Geriatric Population: Focus on gentle movements and balance.
- Special Attention Group: Customize for health conditions and physical limitations.



(Ref: Certification of Yoga Professionals Official Guidebook For Level I (Instructor))

## Preparation for a Yoga class (before and during the class)

### Preparation for a Yoga Class (Before and During)

- Pre-Class Planning: Develop a lesson plan and set goals.
- Set Up Space: Arrange props and equipment for class.
- Check Equipment: Ensure all yoga mats and tools are clean and functional.
- Greet Students: Welcome students and address any individual needs.
- Monitor Flow: Adjust the class as needed based on student feedback and progress.



(Ref: Certification of Yoga Professionals Official Guidebook For Level I (Instructor))

## Conducting yoga practical lessons : Precautions & Contraindications of practices

## Conducting Yoga Practical Lessons : Precautions & Contraindications

- Assess Individual Needs: Evaluate health conditions and physical limitations.
- Modify Poses: Adapt asanas to suit individual needs.
- Monitor Students: Watch for discomfort or strain.
- Avoid Overexertion: Prevent overexertion and injuries.
- Educate on Contraindications: Inform about contraindications for specific conditions.



(Ref: Certification of Yoga Professionals Official Guidebook For Level I (Instructor))

## Salient features of Ideal Yoga Instructor

### Salient Features of an Ideal Yoga Instructor

- Knowledgeable: Deep understanding of yoga principles and practices.
- Communicative: Clear and effective communication skills.
- Empathetic: Ability to understand and address student needs.
- Professional: Maintains professionalism and ethics.
- Adaptable: Flexible in teaching methods and lesson plans.

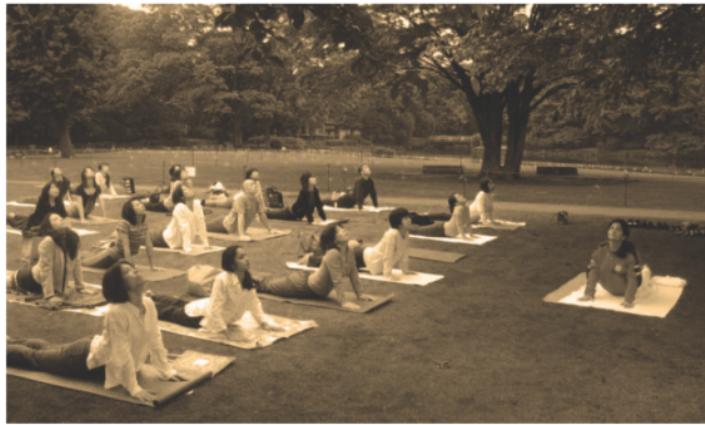


(Ref: Certification of Yoga Professionals Official Guidebook For Level I (Instructor))

## Models of ideal Yoga lesson plans

## Models of Ideal Yoga Lesson Plans

- Structured Flow: Follow a logical sequence of warm-up, practice, and cool-down.
- Objective Focused: Align objectives with student needs and goals.
- Time Management: Allocate time for each segment of the lesson.
- Variety: Incorporate a variety of asanas, pranayama, and meditation.
- Flexibility: Be flexible to adapt to student feedback.



(Ref: Certification of Yoga Professionals Official Guidebook For Level I (Instructor))

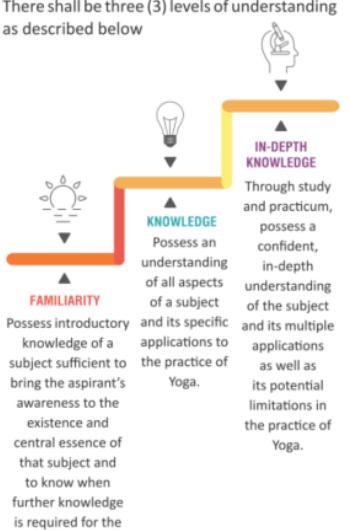
## Application of knowledge

### Application of Knowledge as Yoga Protocol Instructor

- Protocol Implementation: Apply standard yoga protocols in practice.
- Customized Instruction: Tailor instructions based on student needs.
- Assessment Techniques: Utilize assessment methods to gauge progress.
- Lesson Adaptation: Adjust lessons based on feedback and observation.
- Effective Communication: Use clear communication to convey instructions and guidance.

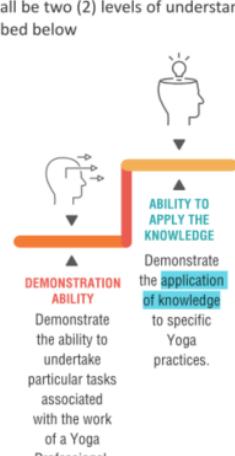
#### Knowledge:

There shall be three (3) levels of understanding as described below



#### Skills:

There shall be two (2) levels of understanding as described below



(Ref: Certification of Yoga Professionals Official Guidebook For Level I (Instructor))

## Field Experience

## Field Experience as Yoga Protocol Instructor

- Practical Application: Implement protocols in real-world settings.
- Class Management: Manage classes and handle student dynamics.
- Feedback Collection: Gather feedback from students and peers.
- Adaptation: Adapt techniques based on field experience.
- Professional Growth: Utilize experience for ongoing development.

## Towards End

## Examination

## Smayjak Yoga School

### Instructions

- Put mat horizontally to be visible for standing as well as horizontal asanas
- Keep enrollment number and Aadhar card ready
- Good internet connection and good voice quality
- Say "No" if you don't know. Don't answer anything extra
- Stay calm, without any stress

### Preparatory Steps

- 3 times Omkar (ॐकार), then 3 times 'Shaanti' (शान्ति). Sit in any sitting asana, say Sukhasana (सुखासन), eyes closed.
- Prarthana (प्रार्थना): "गुरुब्रह्मा गुरुर्विष्णुः गुरुर्देव महेश्वरः"
- Sukshma Vyayam (सूक्ष्म व्यायाम): Greeva Shakti (ग्रीवा शक्ति) (any from I to IV), theory, like who started, his guru.
- Sthul Vyayam (स्थूल व्यायाम): (any Hrid (हृदय)/Sarvanga Pushti (सर्वांग पुष्टि))

### Asanas

- Asana (आसन): Standing (Trikonasana (त्रिकोणासन), hold for 10-20 seconds), do counter posture i.e., do it on the opposite side. Stand in Sama Stithi (सम स्थिति)
- Surya Namaskar (सूर्य नमस्कार), 1 time, meaning 2 times
- Shavasana (शवासन) and counterpose Viparita Karani (विपरीत करणी) (legs up, then chest up)
- Abdomen Asana: Bhujangasana (भुजंगासन), then rest in Makarasana (मकरासन)
- Sitting Asana: Vakrasana (वक्रासन) and counter pose on the opposite side
- Meditation Asana, then Pranayama (प्राणायाम), Anuloma Viloma (अनु-लोम विलोम)
- Bandhas (बंध): Uddiyana Bandha (उड्डीयान बंध) (male), Jalandhara Bandha (जालधर बंध) (female)
- Types of Meditations
  - Vipassana (विपर्सना) (by Buddha)
  - Preksha (प्रेक्षा) by Mahaveer (महावीर)
  - Body Awareness

### Viva

- Shatkarma (शङ्कर्म) (Gherand Samhita (घेरंड संहिता)) in sequence: Dhauti (धौती), Basti (बस्ति), Nauli (नौली), Neti (नेटि), Tratak (त्राटक), Kapalbhati (कपालभाति)
- Type of Kapalbhati (or any other Shatkarma): 3 types: Vatakrama (वातकर्मा) (wind cleansing, the usual), Vyutkrama (व्यूत्कर्मा) (sinus cleansing), and Sheetkrama (शीतकर्मा) (mucus cleansing)
- Details of Sutra Neti (सूत्र नेति), length of the thread (7-8 inches), precautions to be taken, Mudra (मुद्रा) to be done (Kagasan (कागासन)), breath length differs
- Asanas (आसन) for Diabetes Recommended (lower abdomen): Vakrasana (वक्रासन), Mandukasana (मंडुकासन)
- Give instructions for Paschimottanasana (पश्चिमोत्तानासन) in the class
- Tell benefits, contraindications, and counter posture

# Yog Aurora

## Question Topics and Expectations

- Prayer
  - Recite Yoga Prayers like Patanjali Prayer, Shanti Mantra.
  - Understanding of Prayer and some knowledge on background/history.
- Cleansing Techniques
  - Should know complete details on Dhauti (धौती) and Neti (नेटि)
    - Types, Process, Benefits, Contradictions.
  - Should be able to perform and show Kapalabhati (कपालभाति), and know the details as above.
- Sukshma Vyayama
  - Should know Sanskrit names of movements like Neck movement is called Griva Shakti Vikasaka (ग्रीवा शक्ति विकासक) and types of all as mentioned in syllabus.
  - Should be able to perform all mentioned Sukshma Vyayama (सुख्म व्यायाम).
  - Should understand - Pros, Cons.
- Sthula Vyayama
  - Should know Sanskrit names of movements.
  - Should be able to perform all mentioned Sthula Vyayama (स्थूल व्यायाम).
  - Should understand - Pros, Cons.
- Surya Namaskar
  - Expected to know Asanas (आसना) names, sequence.
  - Benefits - Physical and Psychological Level, Contradictions.
  - Should be able to perform (in their own capacity).

## Question Topics and Expectations

- Asanas
  - You should know about all Asanas (आसना) mentioned in syllabus - Technique, Benefits, and Contradictions.
  - Perform 2 Asanas of Examiner's choice - Only Perform.
  - 1 Asana of your own choice - Perform and Instruct as well.
  - Sanskrit names of Asanas - Logic behind names.
- Breathing Practices
  - You should know 3 types of sectional breathing - Technique, Benefits, Contradictions.
  - Should be able to perform and instruct.
  - Should know the pattern followed in Yogic Breathing, Advantages.

## Question Topics and Expectations

- Pranayama
  - You should know the meaning of Puraka (पूरक), Rechaka (रेचक), and Kumbhaka (कुम्भक).
  - Should know how to perform Anulom Vilom Pranayama (अनुलोम विलोम प्राणायाम) - Hand Mudra, Technique, Benefits, Contradictions.
  - How many breaths for beginners: Puraka :Rechaka (Ratio).
  - Nadi Shodhana (नाड़ी शोधन) - Puraka :Rechaka :Kumbhaka - Hand Mudra, Technique, Benefits, and Contradictions.
  - Sheetali (शीतालि) - Perform without Kumbhaka. However, should know about Kumbhaka technique - Benefits and Contradictions.
  - Bhramari (भ्रामरी) - Perform without Kumbhaka. However, should know about Kumbhaka technique - Benefits and Contradictions.
  - From theory syllabus - How many types of Pranayama.
  - Hatha Yoga, Gheranda Samhita (घेरंड संहिता) - Which Pranayama are mentioned.
  - Pranayama for particular diseases/particular age-groups etc.

## Question Topics and Expectations

- Bandha
  - You should be able to perform all 3 Bandhas (बन्ध) - Should be able to Instruct.
  - Understand technique, benefits, and contradictions.
  - Theory - Hatha Yoga Pradipika (हठ योग प्रदीपिका) how many Bandhas are there.
  - Logic behind Sanskrit names of Bandhas.
  - On which Chakras (चक्र) these Bandhas are working.
- Mudras
  - What are Mudras (मुद्रा), How do they work ?
  - Should be able to show mentioned Mudras, know benefits of them.
  - Mudras during sectional breathing and their importance.
- Meditation
  - Application of knowledge-based questions - expected to know different techniques of meditations.
  - 8 limbs of Yoga - Dhyana (ध्यान), Dharana (धारणा), Samadhi (समाधि).
  - Pratyahara (प्रत्याहार).
  - You should know stages of Yoga Nidra (योग निद्रा). Sequence, benefits, contradictions (anxiety, High BP).

## Question Topics and Expectations

- YOGA SESSIONS
  - Expected to know how to teach/communicate effectively.
  - How to plan Yoga sessions for Disabled (विकलांग), Sick (बीमार)
    - Particular ailments such as Diabetes (मधुमेह), BP (रक्तचाप), Cholesterol (कोलेस्ट्रोल), Back Pain (कमर दर्द).
  - Yoga session for Students (छात्र), Ladies (महिलाएँ), etc. (Different categories).
- THEORY SYLLABUS
  - Expected to know what all is covered in the theory syllabus.
  - Recite Yoga Sutras (योग सूत्र) (1-12), Recite Bhagavad Gita (भगवद गीता) Shloka 70 and its meaning. What do you understand from this.
  - Yoga Definitions - Yoga Vashishta (योग वाशिष्ठ), Patanjali (पतंजलि), Bhagavad Gita (भगवद गीता).
  - What is Hatha Yoga Pradipika (हठ योग प्रदीपिका), how many chapters are there in HYP. What is Gheranda Samhita (घेरंड संहिता).
  - Concept of Chakras (चक्र).
  - Panchkosha (पञ्चकोश) ? Tridosha (त्रिदोष) ?

## References

### References for Level 1 Exam

- YCB Level 1 - 200 Hrs Yoga TTC | Theory Lectures - Ayushman Yog
- YCB Level-1 ( Yoga Protocol Instructor ) - Practical and viva exam
- Training by Ayushman Yog
- Why YCB Exam is important ? | Full details of YCB Exam || हिंदी में
- How to CRACK YCB EXAM in FIRST attempt | पूरी जानकारी || हिंदी में
- Certification of Yoga Professionals Guidebook for level 1
- Yoga Practical Exam Preparation
- Yoga Certification - By YCB Yog Aurora
- YCB YOGA MINISTRY OF AYUSH CERTIFICATE PRACTICAL SYLLABUS Swami Vivekananda Yoga
- Yoga Teacher Training 200 Hours Yogapointindia



Thank You !



Send comments/suggestions to [yogeshkulkarni@yahoo.com](mailto:yogeshkulkarni@yahoo.com)