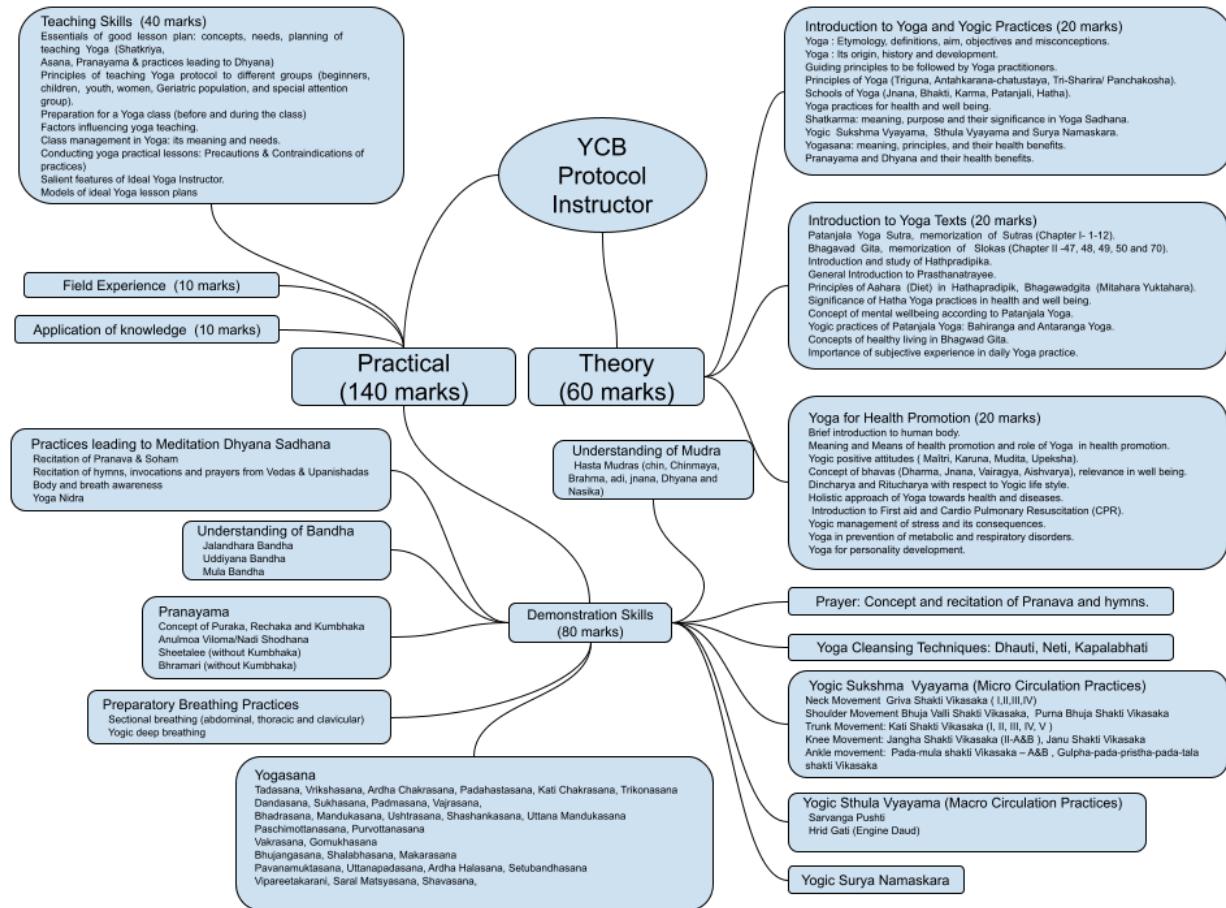


Notes for YCB exams



- Gives Govt authorized certificate, useful to teach in INdia and abroad.
- Conducted online.
- To Register, go to the YCB site, you need to choose an agency (approved institutes) for the exam.
- Theory 2 hrs, MCQ. More than sufficient. If you fail in theory and pass in practical, then you need to reappear only for theory. If you fail in Practical, then appear for both.

Types of Certification of Yoga Professionals under two categories	
Category: Yoga Education and Training	Category: Yoga Therapy
1. Yoga Volunteer 2. Yoga Protocol Instructor 3. Yoga Wellness Instructor 4. Yoga Teacher & Evaluator 5. Yoga Master	1. Assistant Yoga Therapist 2. Yoga Therapist 3. Therapeutic Yoga Consultant

Practicals

- **Info:** 1 hr, 3 examiners, 140 Marks, 5 students in a batch, Online, QnA 1:1, don't lie
- **Setup:** keep docs ready, your full view should be visible on Zoom like Tadasan.
- **Sequence:**
 - ॐ 3 times, in ध्यानासन (सुखासन, वज्रासन, सिद्धासन, पद्मासन), प्रार्थना (गुरुब्रह्मा गुरुविष्णु)
 - सूक्ष्म व्यायाम ([ref](#))
 - स्थूल व्यायाम ([ref](#))
 - आसन (उभे: उदा. त्रिकोणासन both sides)
 - समस्थिति - सूर्यनमस्कार 1 time , breathing important
 - शवासन
 - विपरीत करणी , सर्वाङ्गासन् , bridge , मत्स्यासन
 - पोटावर झोपुन् करायची आसने : भुजन्गासन , मकरासन
 - बसून करण्याची आसने: वक्रासन
 - प्राणायाम : अनुलोम विलोम
 - बन्ध : उद्दियान जालनंधर
 - ध्यान
- **Viva**
 - षट्कर्म : धौति, बस्ति, नौलि, नेति, त्राटक कपालभाति (घरन संहिता)
 - सूत्र नेति
 - Give instructions of getting पश्चिमोत्तनासन done, then पुर्वोत्तनासन, benefits , cautions

Theory

2 hrs, MCQ, 60 Marks

‘योग ‘ शब्द व्युत्पत्ती : ‘युज’ धातू - जोडणे. संगम आत्मा आणि परमात्म्याचा

व्याख्या :

- योगश्चित्तवती निरोधः ।२। पतंजली योगसूत्र
- समत्वम योग उच्यते ।२-४८। भगवद्गीता
- योगः कर्मसु कौशलम ।२-५०। भगवद्गीता
- मनः प्रसमनोपायः योग इत्यभिदीयते । ३/९/३२ योग वशिष्ठ
- ‘तां योगाभिती मन्यते स्थिरमिन्द्रिय धारणं - कठोपनिषद २/५/४

लक्ष्य : स्व चे आकलन. आत्मा ते परमात्मा प्रवास

उद्देश : सर्वांगीण विकास, सामंजस्य स्थापना. मन बुद्धी व चरित्र यांना शुद्ध बनवणे

अम:

- धर्म : फक्त हिंदूंसाठी नाही. वैशिविक.
- व्यायाम: फक्त शारीरिक नाही तर मानसिक आणि आध्यतिमिक .
- चमत्कार/प्रदर्शन/सिद्धी प्राप्ती
- तरुणांसाठीच नाही तर सर्वांसाठी

उत्पत्ती: हजारो वर्षांपूर्वी, भारतात. शिव हे आदी योगी आणि गुरु. सप्तर्षीद्वारा सर्वत्र प्रसार.

इतिहास:

- प्राचीन पुरातत्व अवशेषांकरून सिद्ध होते कि सिंधू हडप्पा संस्कृतीत योग होता, मुद्रा मुत्या होत्या.
- साहित्य: “हिरण्यगर्भ योगस्य वक्ता मान्यःपुरातनः”, वेद, उपनिषद, दर्शन, बौद्ध, जैन परंपरा
- पतंजली योगसूत्र

काल क्रम:

- वैदिक: १५०० इ पूर्व - ५०० इ पूर्व : सूर्यनमस्कार प्राणायाम , वेद, पाणिनी
- श्रेष्ठ अवधी: ५०० इ पूर्व - ८००: पतंजली योगसूत्र , व्यास भगवद्गीता , महावीर पंचमहाव्रत, बुद्ध अष्टांगिक मार्ग
- पश्चात : ८०० - १७००: आदी शंकराचार्य , रामानुजाचार्य , माधवाचार्य, भक्तियोगी (कबीर, तुलसी), हट्योगी (नाथ संप्रदाय)
- आधुनिक : १७०० नंतर: रमण महर्षी , विवेकानंद, परमहंस योगानंद, टी कृष्णमाचार्य, सत्यानंद सरस्वती

भारतीय दर्शन :

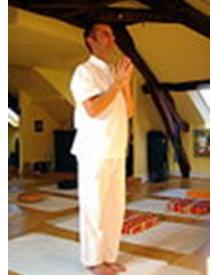
- आस्तिक (वेद मानणारे): न्याय (गौतम), वैशेषिक (कणाद), सांख्य (कपिल), मीमांसा (जैमिनी), योग(पतंजली), वेदांत (बादरायण)
- नास्तिक : जैन (महावीर), बौद्ध , चार्वाक (बृहस्पती)

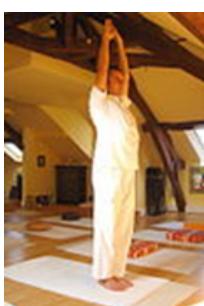
सूक्ष्म व्यायाम: हलके, योगाभ्यासाच्या आधी. स्वामी धीरेंद्र ब्रह्मचारी . शरीर लवचिक व तयार होते.

स्थूल व्यायाम: सर्व शरीराचा, गतीचा, शक्तीचा संचार .

सूर्यनमस्कार

Remember of all mantras and sequence, one should be able to start from anywhere

प्रणमासन	ॐ मित्राय नमः।	उच्छवास	ॐ हां	
----------	----------------	---------	-------	---

हस्तउत्तानासन	ॐ रवये नमः।	श्वास	ॐ ह्रीं	
पादहस्तासन	ॐ सूर्याय नमः।	उच्छ्वास	ॐ हूँ	
अश्वसंचालन	ॐ भानवे नमः।	श्वास	ॐ हैं	
पर्वतासन	ॐ खगाय नमः।	उच्छ्वास	ॐ ह्रौं	
अष्टांग नमस्कार	ॐ पूष्णे नमः।	रोखा	ॐ हः	
भुजंगासन	ॐ हिरण्यगर्भाय नमः।	श्वास	ॐ हां	
पर्वतासन	ॐ मरीचये नमः।	उच्छ्वास		

अश्वसंचालन	ॐ आदित्याय नमः।	श्वास	ॐ हूँ	
पादहस्तासन	ॐ सवित्रे नमः।	उच्छवास	ॐ हैं	
हस्त उत्तानासन	ॐ अर्काय नमः।	श्वास	हौं	
प्रणमासन	ॐ भास्कराय नमः।	उच्छवास	ॐ हः	
	ॐ श्रीसवितृसूर्यनारायणाय नमः।			

आदित्यस्य नमस्कारान् ये कुर्वन्ति दिने दिने।
आयुः प्रजा बलं वीर्यं तेजस्तेषां च जायते ॥

षट्कर्म

- नेति
 - जलनेति
 - सूत्रनेति

- तेलनोति
 - दुर्घनोति
- धौति
 - वातसार धौति
 - वारिसार धौति
 - बहिव्सार धौति
 - बहिष्कृत धौति
 - दन्तमूल धौति
 - जिव्हामूल धौति
 - कर्णरन्ध्र धौति
 - कपाल रन्ध्र धौति
 - दण्ड धौति
 - वमन धौति
 - वस्त्र धौति
 - मूलशोधन धौति
- नौलि
- बस्ति
- कपालभाति
- ब्राटक

आसन : स्थिरसुखमासनम् : सुखपूर्वक स्थिरता से बैठने का नाम आसन है। या, जो स्थिर भी हो और सुखदायक अर्थात् आरामदायक भी हो, वह आसन है। [यम,नियम,आसन,प्राणायाम,प्रत्याहार,धारणा ध्यान समाधि]

आसनों की संख्या	ग्रन्थ	ग्रन्थकर्ता	रचनाकाल	सन्दर्भ
2	गोरक्ष शतक	गुरु गोरख नाथ	१०-११वीं शताब्दी	इसमें सिद्धासन, पद्मासन का वर्णन है. ^{[5][6]} 84 claimed ^[a]
4	शिव संहिता	-	१५वीं शताब्दी	4 बैठकर किए जाने वाले आसन वर्णित हैं ; आसनों की कुल संख्या 84 बतायी गयी है।; 11 मुद्राएँ ^[7]
15	हठ योग प्रदीपिका	स्वामी स्वात्माराम	१५वीं शताब्दी	15 asanas described, ^[7] 4 (Siddhasana, Padmasana, Bhadrasana and Simhasana) named as important ^[8]

32	घेरण्ड संहिता	घेरण्ड	१७वीं शताब्दी	Descriptions of 32 seated, backbend, twist, balancing and inverted asanas, 25 mudras [9][7]
52	हठ रत्नावली	श्रीनिवास	१७वीं शताब्दी	52 asanas described, out of 84 named [b][10][11]
84	जोग प्रदीपिका	रामानन्दी जयतराम	1830	84 asanas and 24 mudras in rare illustrated edition of 18th century text [12]
37	योग सोपान	योगी घामंडे	1905	Describes and illustrates 37 asanas, 6 mudras, 5 bandhas [12]
c. 200	योग दीपिका	बी के एस अयंगार	1966	Descriptions and photographs of each asana [13]
908	मास्टर योग चार्ट	धर्म मित्र	1984	Photographs of each asana [14]

Medical benefits and instructions to perform each asan.

प्राणायाम

यम, नियम, आसन, प्राणायाम, प्रत्याहार, धारणा, ध्यान, तथा समाधि । प्राणायाम = प्राण + आयाम । इसका शब्दिक 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 स्वास 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।

प्राणायाम के प्रकार

घेरन्ड संहिता के अनुसार -

संहितः सूर्यभेदश्च उज्जायी शीतली तथा ।

भस्त्रिका भरमारी मूर्च्छा केवली चाष्टकुम्भकाः ॥

घेरन्ड संहिता के अनुसार प्राणायाम के आठ भेद बताए गए हैं -

संहित, सूर्यभेदी, उज्जायी, शीतली, भस्त्रिका, भ्रामरी, मूर्च्छा और केवली ।

हठप्रदीपिका के अनुसार -

सूर्यभेदनमुज्जायी सीत्कारी शीतली तथा ।

भस्त्रिका भ्रामरी मूर्च्छा प्लाविनीत्यष्ट कुम्भकः ॥

हठप्रदीपिका के अनुसार प्राणायाम के आठ भेद निम्न हैं -

सूर्यभेदन, उज्जायी, सीत्कारी, शीतली, भस्त्रिका, भ्रामरी, मूर्च्छा और प्लाविनी ये आठ प्रकार के कुम्भक (प्राणायाम) होते हैं ।

क्रिया

- पूरकः श्वास धोणे
- कम्भकः रोखणे
- रेचकः सोडणे

प्रकार

- भस्त्रिका
- कपालभाति
- अनुलोम-विलोम
- भ्रामरी
- उज्जायी
- शीतली
- चंदभेदी

बंध

बंध मुद्राएँ शरीर की कछु ऐसी अवस्थाएँ हैं जिनके द्वारा कुंडलिनी सफलतापूर्वक जाग्रत की जा सकती है। घेरंड संहिता में २५ मुद्राओं एवं महत्वपूर्ण हैं:

(१) मूलबंध, (२) जालंधरबंध, (३) उड्डीयानबंध, (४) महामुद्रा, (५) महाबंध, (६) महावेद
(७) योगमुद्रा, (८) विपरीतकरणीमुद्रा, (९) खेचरीमुद्रा, (१०) वज्रिणीमुद्रा, (११) शक्तिचालिनीमुद्रा, (१२) योनिमुद्रा।

पुरुषार्थ

मानव के लक्ष्य या उद्देश्य से है ("पुरुषैर्थते इति पुरुषार्थः")। पुरुषार्थ = पुरुष+अर्थ = पुरुष का तात्पर्य विवेक संपन्न मनुष्य से है अर्थात् विवेक शील मनुष्यों के लक्ष्यों की प्राप्ति ही पुरुषार्थ है। प्रायः मनुष्य के लिये वेदों में चार पुरुषार्थों का नाम लिया गया है - धर्म, अर्थ, काम और मोक्ष। चार्वाक दर्शन केवल दो ही पुरुषार्थ को मान्यता देता है- अर्थ और काम। वह धर्म और मोक्ष को नहीं मानता।

- धर्मः धर्म वह है जिससे अभ्युदय और निःश्रेयस की सिद्धि हो यतो अभ्युदयनिःश्रेयससिद्धिः स धर्मः। (कणाद, वैशेषिकसूत्र, १.१.२)
- अर्थः मनुष्याणां वृत्तिः अर्थः । (कौटिल्यीय अर्थशास्त्र) अर्थात् जो श्री विचार और क्रियाएं भौतिक जीवन से संबंधित हैं उन्हें 'अर्थ' की संज्ञा दी गयी है।
- कामः आत्मा से संयुक्त मन से अधिष्ठित तत्त्व, चक्षु, जिव्हा, तथा धाण तथा इन्द्रियों के साथ अपने अपने विषय - शब्द, स्पर्श, रूप, रस, तथा गंध में अनुकूल रूप से प्रवृत्ति 'काम' है।
- मोक्षः बद्ध अवस्था में इसे अपने कर्मों के अनुसार इसी जन्म अथवा अगले जन्मों में कर्मफल भोगने पड़ते हैं। मोक्ष को प्राप्त कर नया जन्म नहीं लेना पड़ता, वह बंधन से मुक्त हो जाता है।

उपनिषद्

वेदांचा भाग. लगभग 108 हैं, किन्तु मुख्य उपनिषद 13 हैं। उपनिषदों में मुख्य रूप से 'आत्मविद्या' का प्रतिपादन है, जिसके अन्तर्गत ब्रह्म और आत्मा के स्वरूप, उसकी प्राप्ति के साधन और आवश्यकता की समीक्षा की गयी है।

1. ऋग्वेदीय -- १० उपनिषद्
2. यजुर्वेदीय
 - a. शुक्ल यजुर्वेदीय -- १९ उपनिषद्
 - b. कृष्ण यजुर्वेदीय -- ३२ उपनिषद्
3. सामवेदीय -- १६ उपनिषद्
4. अथर्ववेदीय -- ३१ उपनिषद्

कुल -- १०८ उपनिषद्

1. गद्यात्मक उपनिषद्: १. ऐतरेय, २. केन, ३. छान्दोग्य, ४. तैतिरीय, ५. बृहदारण्यक तथा ६. कौषीतकि; इनका गद्य ब्राह्मणों के गद्य के समान सरल, लघुकाय तथा प्राचीन है।
2. पद्यात्मक उपनिषद् १.ईश, २.कठ, ३. श्वेताश्वतर तथा नारायण, इनका पद्य वैदिक मंत्रों के अनुरूप सरल, प्राचीन तथा सुबोध है।
3. अवान्तर गद्योपनिषद् १.प्रश्न, २.मैत्री (मैत्रायणी) तथा ३.माण्डूक्य
4. आर्थर्वण (अर्थात् कर्मकाण्डी) उपनिषद् अन्य अवान्तरकालीन उपनिषदों की गणना इस श्रेणी में की जाती है।

प्राचीनतम १. ईश, २. ऐतरेय, ३. छान्दोग्य, ४. प्रश्न, ५. तैतिरीय, ६. बृहदारण्यक, ७. माण्डूक्य और ८. मुण्डक प्राचीन १. कठ, २. केन

अवान्तरकालीन १. कौषीतकि, २. मैत्री (मैत्रायणी) तथा ३. श्वेताश्वतर

आश्रम:

- ब्रह्मचर्य (विद्यार्थी) १-२५ वर्ष
- गृहस्थ (कौटुंबिक) २६-५० वर्ष
- वानप्रस्थ (निवृत्ती) ५१-७५ वर्ष
- सन्यास (पूर्ण त्याग) ७५-१०० वर्ष

Digestion problems:

- अजीर्णत्व body rejecting food, causes stomach pain, loose motion
- कुजीर्णत्व body not absorbing food, causes bloating, glasses etc
- Solution: उत्तानपादासन , पवनमुक्तासन

पतंजली योगसूत्र :

- समाधी पाद : समाधीचे विविध प्रकार, थेट फलाचे विवरण
- साधना पाद : क्लेश आणि तो कमी करण्याचे मार्ग
- विभूती पाद : ध्यान, विशेष सिट्ठी
- कैवल्य पाद : मोक्ष अनुभव

प्रस्थान त्रयी :

- उपनिषद्
- भगवद्गीता : १-६ कर्मयोग, ७-१२ भक्ती योग, १३-१८ ज्ञान योग

- ब्रह्मसूत्र

योग्य जीवनाचे पाच सोपान

- व्यायामः आसन
- श्वासः प्राणायाम
- आराम : शवासन
- अन्न : शाकाहारी
- सकारात्मक विचार आणि ध्यान

Yogalaya Teaching

Starting Instructions

- Start Prayer
- Sit in comfortable sitting position, look straight
- Hands in Chin mudra, back straight, get ready for prayer
- Om, Om, Om
- गजाननं भूत गणादिसेवितं,
- कपीथ जम्बू फलचारु भक्षणं,
- गजाननं भूत गणादिसेवितं,
- कपीथ जम्बू फलचारु भक्षणं,
- उमासतं शोक विनाश कारतम्,
- नमामै विघ्नेश्वर पादपंकजम्,
- षडाननं कुम्कुमरक्तवर्ण
- महामति दिव्यमयूरवाहनम्
- रुद्रस्यसूनुं सुरसैन्यनाथं
- गुहं सदाह शरणं प्रपदये
- या कुन्देन्दुतुषारहारधंवला या शुभ्रवस्त्रावृता
- या वौणावरदण्डमण्डितकरा या श्वेतपद्मासना
- या ब्रह्माच्युतशंकरप्रभृतिभिर्देवैः सदा वन्दिता
- सा मां पातु सरस्वती भगवती निःशेषजाङ्ग्यापहा
- ॐ नमः शिवाय गरवे
- सच्चिदानन्द मूर्तये ।
- निष्प्रपञ्चाय शान्ताय
- (निरालम्बाय तेजसे ॥)
- श्री शिवनंदाय तेनमः
- श्री विष्णू देवानंदाय तेनामः
- सर्वमङ्गलमाङ्गल्ये शिवे सर्वार्थसाधिके ।
- शरण्ये त्र्यम्बके गौरि नारायणि नमोऽस्तु ते, नारायणि नमोऽस्तु ते
- ॐ सह नाववतु ।
- सह नौ भनकतु ।
- सह वीर्यं करवावहै ।

- तेजस्वि नावधीतमस्तु मा विदविषावहै ।
- ॐ शान्तिः शान्तिः शान्तिः ॥
- ॐ नमः शिवाय ॥

Pranayam

- Sit in comfortable sitting position, look straight
- Hands in Chin mudra, back straight, get ready for kapalbhati
- Inhale abdomen out, exhale in, inhale, exhale
- Now inhale deeply and begin
- Exhale (20)
- Ex (36)
- Exhale (5), inhale, exhale
- Now inhale deeply, comfortable breath and hold (20? seconds)
- With control, exhale, inhale, exhale,
- Another round?
- breath normally, stretch legs, shake your legs and sit back again.
- Left hand in chin mudra, right hand in vishnu mudra
- Inhale through both nostrils deeply
- Take your right thumb to right nostril, exhale through left nostril completely
- *** Inhale left 2-3-4 close, hold, close both nostrils, 8 sec?
- Exhale right 2-3-4-5-6-7-8, inhale right 2-3-4 close, hold,
- Exhale left 2-3-4-5-6-7-8 Inhale left ***
- Drop your hands down, both hands in chin mudra, back straight, breathing comfortable
- Eyeball steady on one point, meditate, breathing relaxed
- Now release the mudra, stretch your legs and lie down in shavasan
- Feet apart, hands apart, palms facing upward.
- Bring your feet together, inhale, bring your arms over and above your head, interlock fingers, turn your palms and stretchyyy, exhale and release, bend your knees, turn to the right side, inhale and come up.

Sun Salutations

- Stand in front of the mat, t-shirts tucked in. Stand straight
- Both hands in Namaskar position, near your chest
- Raise your arms up, arch back
- Bend forward and down
- Take your right leg back, knee down, toe pointing back, look up
- Left leg back, body into straight line
- Knees, chest, forehead or chin down
- Slide forward arch back
- Tuck you toes in, inverted V
- Take your right leg forward,
- left leg forward

- Raise your arms arch back and release
- -
- Feet together, palms together
- Raise your arms up, arch back
- Bend forward and down
- Take your left leg back, knee down, toe pointing back, look up
- Right leg back, body? into straight line
- Knees, chest, forehead or chin down
- Slide forward arch back
- Tuck you toes in, inverted V
- Take your left leg forward,
- Right leg forward
- Raise your arms up arch back and release
- Feet together, palms together
- -
- Now coordinate with your breath
- -
- Inhale - exhale and palms together
- Inhale - Raise your arms up, arch back
- Exhale - Bend forward and down
- Inhale - right leg back
- Retain - other leg back
- Exhale - Knees, chest, forehead or chin down
- Inhale - Slide forward arch back
- Exhale - inverted V
- Inhale - right leg forward,
- Exhale - left leg forward
- Inhale - Raise your arms up arch back
- Exhale - release
- -
- Inhale - exhale and palms together
- Inhale - Raise your arms up, arch back
- Exhale - Bend forward and down
- Inhale - left leg back
- Retain - other leg back
- Exhale - Knees, chest, forehead or chin down
- Inhale - Slide forward arch back
- Exhale - inverted V
- Inhale - left leg forward,
- Exhale - right leg forward
- Inhale - Raise your arms up arch back
- Exhale - release
- -
- Feet apart, hands apart, palms facing forward

- Eyes close, ?, breath through your nose
- Observe your heartbeats
- Observe your breathing
- Now lie down your back and relax in shavasana

End Prayer

- Sit in comfortable sitting position, look straight
- Roll shoulders, hands in chin mudra
- Om, Om, Om
- ॐ पूर्णमदः पूर्णमिदं पूर्णात् , पूर्ण मुदच्यते,
- पूर्णस्य पूर्णमादाय, पूर्णे मेवा वशिष्यते।
- ॐ शांतिः शांतिः शांतिः
- सदगुरु (?) शिवानंद महाराज कि जय, स्वामी विष्णु देवानंद महाराज कि जय
- धर्मो रक्षति रक्षितः हरी ओम तत्सत
- Rub hands, put palms on eyes and Namaskar!!

परम् योग Teaching

[\(Zoom Recording\)](#)

ETYMOLOGY OF YOGA

- Word derived from the Sanskrit word “YUJ”
- YUJ = UNION

A Venn diagram consisting of three overlapping circles. The top circle is labeled "BODY", the bottom-left circle is labeled "MIND", and the bottom-right circle is labeled "SPIRIT". All three circles overlap, symbolizing the interconnectedness of body, mind, and spirit.

Yoga : A Journey to Stillness of mind

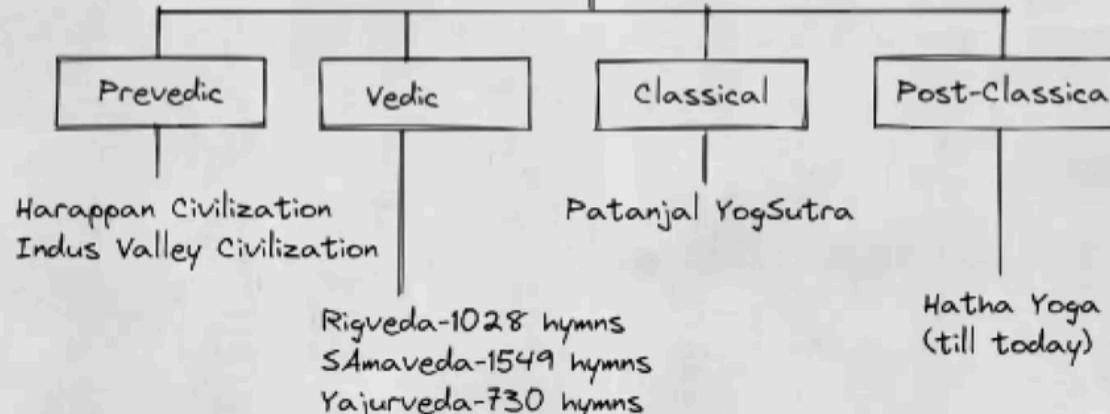
Yoga is a concept rich with diverse meanings, encompassing various interpretations and perspectives

- **Definition by Patanjali :** योगः चित्तवृत्तिनिरोधः (**Yoga Chitta Vritti Nirodha**)
Which means **Yoga is the cessation of the fluctuations of the mind.**

- **Definition in Bhagavad Gita :** योगः कर्मसु कौशलम् (**Yoga Karmasu Kaushalam**)
Which means **Yoga is excellence at work.**

- **Definition according to Yoga -Visishtha :** मनः प्रसमनोपायः योग इत्यभिदीयते
(Manah Prashamanopayah Yoga Ityabhidhiyate)
which means **Yoga is a skillful trick to calm down the mind**

HISTORY OF YOGA



Swami Vivekanand - Chicago (1893):

He not only introduced yoga to the West, he also created a sensation.

Swami Kuvalayanandaji- Kaivalyadham:

Dedicated his life to connecting the ancient wisdom of yoga with modern scientific principles

T. Krishnamacharya -Ashtanga yoga:

The father of modern yoga father of modern yoga

Shri Yogendraji-The yoga institute:

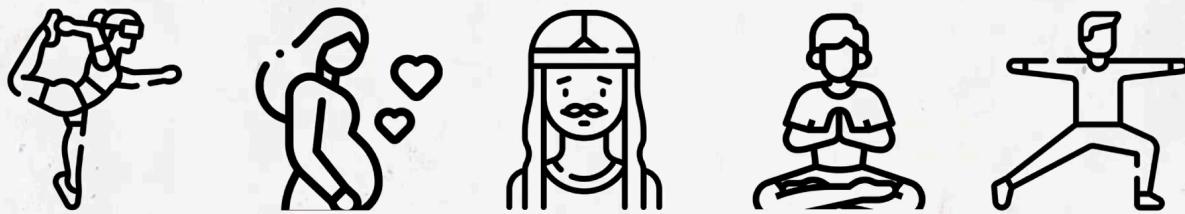
Laid down the foundation of The Yoga Institute, the oldest organized Yoga center in the world including "Yoga for depression", "Yoga Sagara Saram."

Dr.Nagendra H.R (SVYASA):

AIMS AND OBJECTIVES

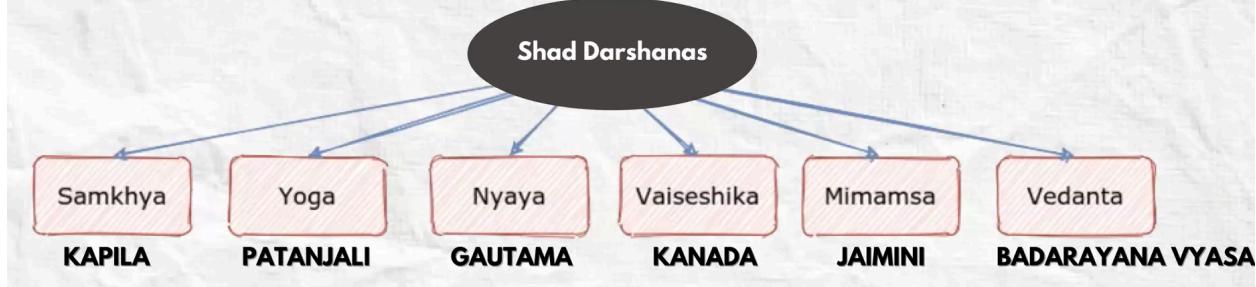
- It gives deep relaxation at the muscular level
- It slows down breath and maintains balance at the pranic level
- It increases creative and will powers at mental level
- It sharpens the intellect and calms the mind down at the intellectual level
- It enhances happiness in life and equipoise at the emotional level
- It manifests the inherent divinity in man in all aspects of life

COMMON MISCONCEPTIONS



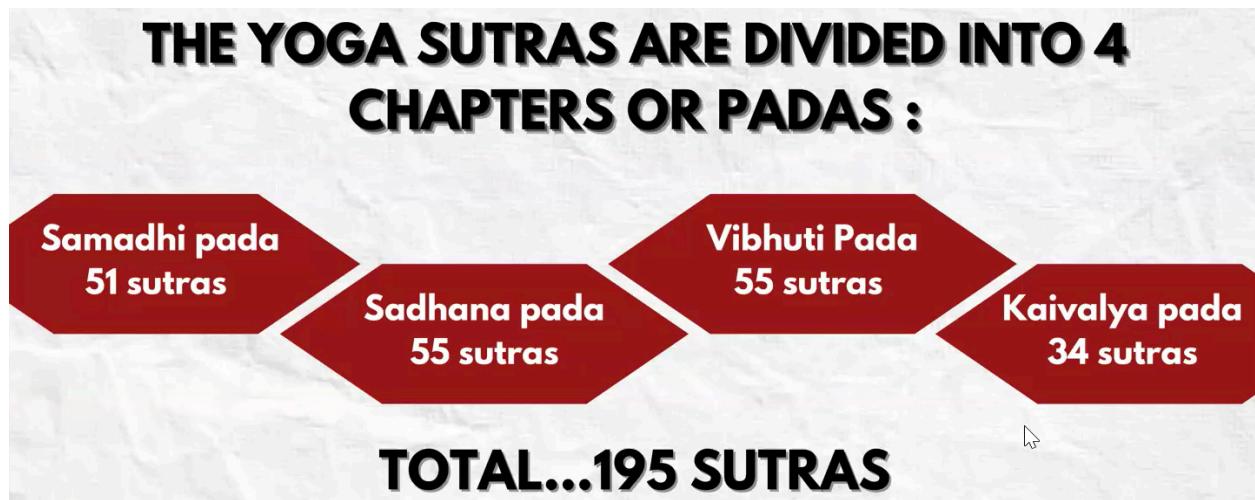
WHAT IS DARSHAN ? (INDIAN PHILOSOPHY)

1. Darshana word derived from “drish”
2. Darshana refers to earnest inquiry into the natures of reality.



Samkhya (Prakruti - nature, matter has 3 gunas & cannot move without Purush, Purush - brahman, chaitanya, universal self, 25 principles) came first then Yoga, with just one difference that Yoga accepts Ishwara. Ishwara is not deity but energy.

(Zoom recording)



JNANA YOGA

- Most difficult path
- Advaita Vedanta - stages of Jnana yoga
 - a. Shravana
 - b. Manana
 - c. Nidhidhyasana
- Sadhana chatustaya - the qualities to succeed in Vedanta
 - a. Viveka (discrimination between good and bad)
 - b. Vairagya (non-attachment)
 - c. Six virtues or Shatsampat : shama, dama, uparati, titiksha, shraddha, samadhana
- Longing or Mumukshutva



BHAKTI YOGA

- **Bhaj : to participate
(unconditional love for God)**

- **Navavidha Bhakti (shreemadh bhagwat gita)**

1.SHRAVAN

2.KIRTAN

3.SMARAN

4.PADSEVANAM

5.ARCHNAM

6.VANDANAM

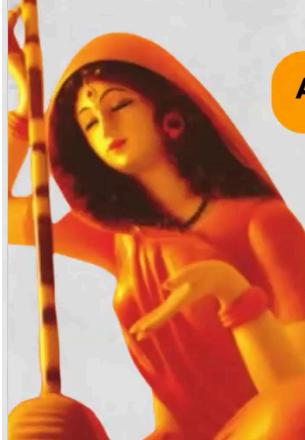
7.DASYAM

8.SAKHYAM

9.ATMANIVEDANAM

- श्रवणं (parikshit)
- कीर्तनं (mirabai, narad muni) most important
- स्मरणं (bhakt pralhad)
- पादसेवनम् पाटुका (भरत)
- अर्चनम् (एकलव्य)
- दास्य (हनुमान)
- सख्यं (सुदामा)
- आत्म निवेदनम् (बाली राजा)

QUALITIES OF A BHAKTA



ARTA (THE DISTRESSED)

JIJNASU (THE INQUISITIVE)

ARTHARTHEE (THE DESIRER OF WEALTH)

JNANI (THE ONE WHO IS IN SEARCH OF
THE KNOWLEDGE OF THE ABSOLUTE)

(Given in Gita chapter 7 and not in the usual bhakti chapter of 12)

Karmayog



WHAT IS RAJA YOGA?

1. It is a Royal or kingly yoga

2. Propounded by Maharishi Patanjali

3. Also called as Ashtanga Yoga

4. leads to absolute mental control

5. The chief practice of Raja yoga is “meditation”

Yogasutra/Rajayoga focuses on mental.

Hathayoga focuses on physical

Hatha Yoga

Uniting Body and Mind

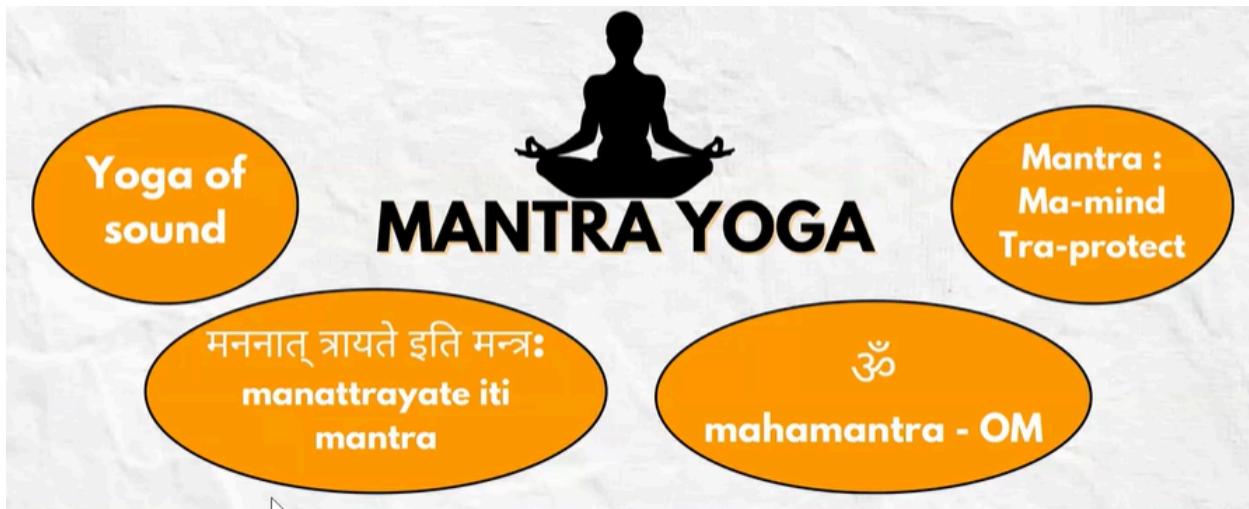
Hatha Yoga is a traditional branch of yoga that emphasizes physical postures (asanas), breath control (pranayama), and meditation. The term "Hatha" is derived from the Sanskrit words "Ha" (sun) and "Tha" (moon), symbolizing the balance between opposing forces and energies.

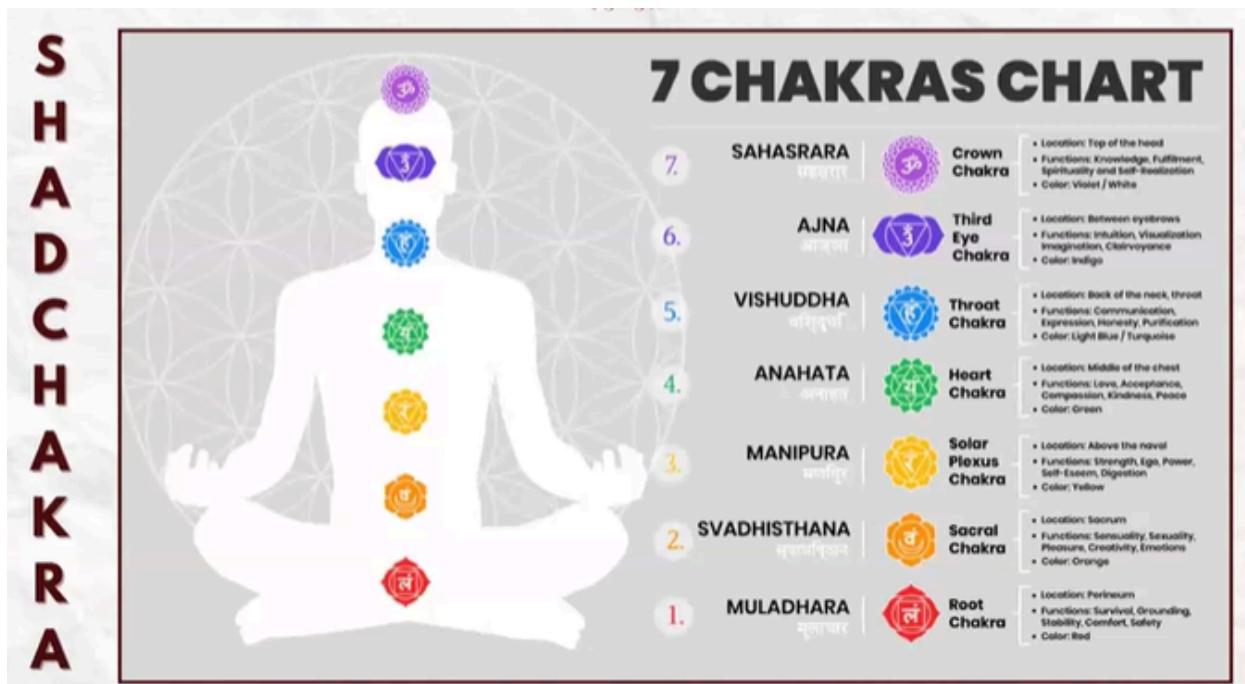
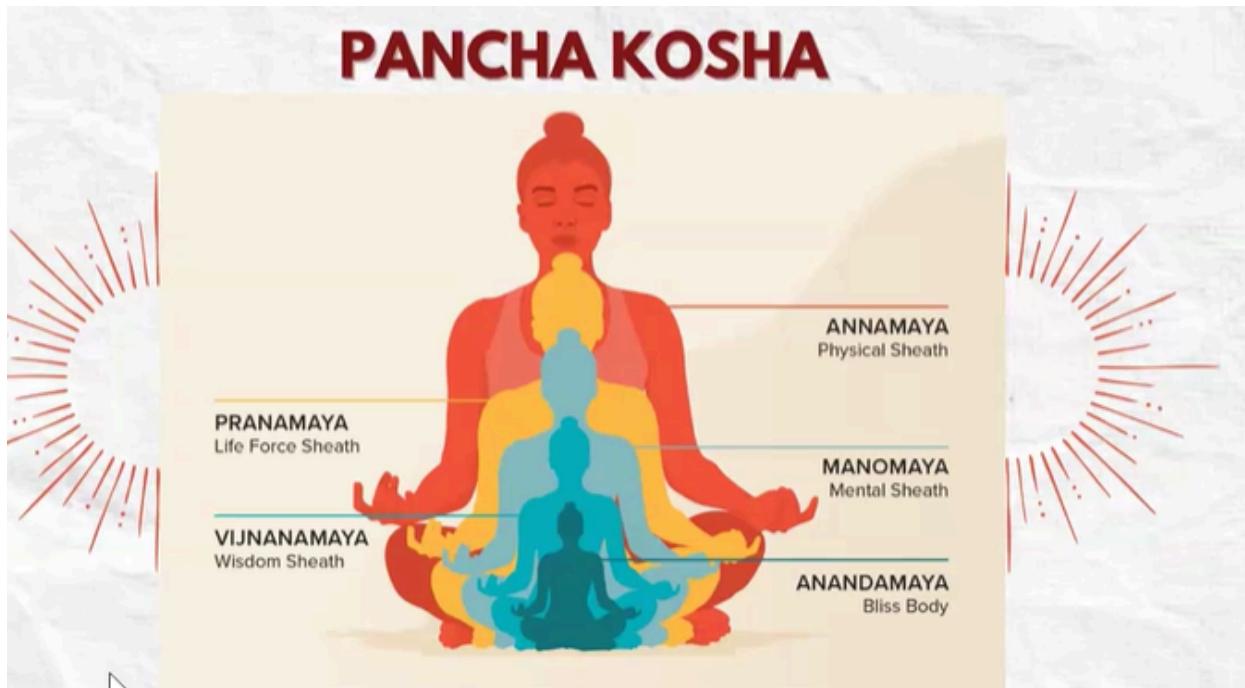
Ha -> sun tha -> moon	Ha -> pingla tha -> ida	Ha -> pranik tha -> manasik
--------------------------	----------------------------	--------------------------------

IMPORTANCE

- Physical Well-being
- Balance of Energies
- Breath Control (Pranayama)
- Stress Reduction
- Accessible to All
- Mental Clarity and Calmness
- Spiritual Exploration

- IT IS A STAIRCASE TO “RAJA YOGA”
- DIFFERENT TEXTS OF HATHA YOGA : 1)Hathayoga pradipika,2)Gheranda Samhita,3)Hatharatnavali,4)Shiva samhita

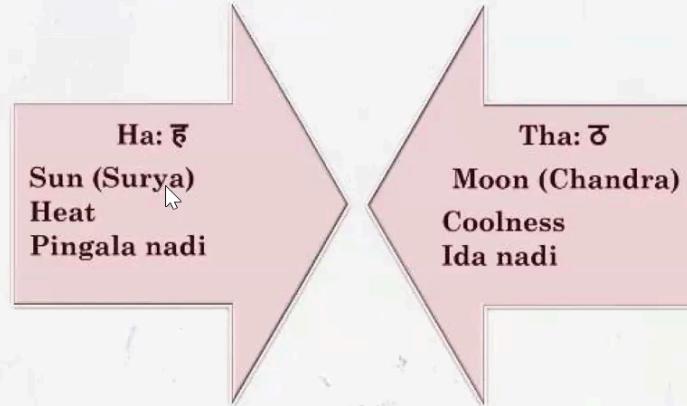




Hathayoga

[\(Zoom recording\)](#)

INTRODUCTION TO HATHA YOGA

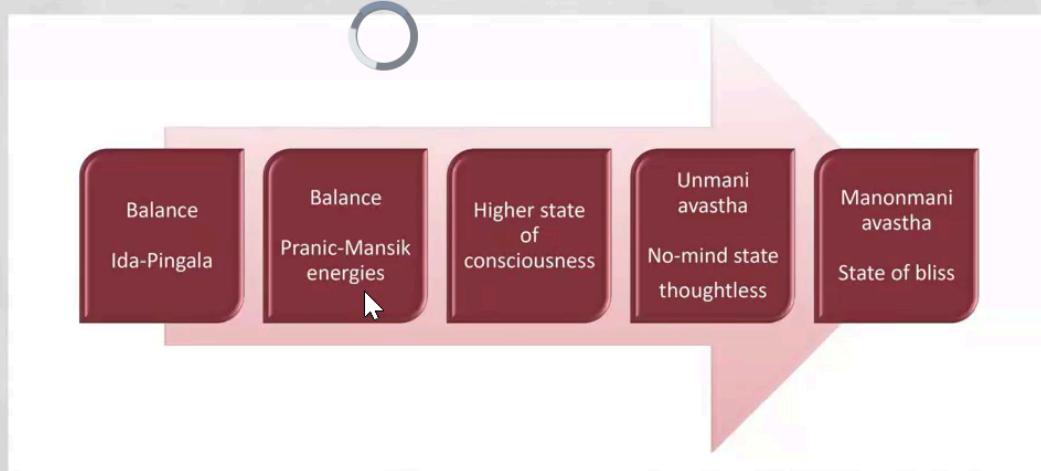


Surya is on the right side and Moon is on the left side of the spine (having सुषम्ना नाडी)

<p>Ida: Moon Chandra (चंद्र) nadi</p> <ul style="list-style-type: none">- Origin : left of spine's base- Terminates: left nostril- Governs left side of body- Mental processes <p>Relates to</p> <ul style="list-style-type: none">- parasympathetic nervous system <p>Characteristics</p> <ul style="list-style-type: none">- Coolness- Conserves energy <p>When dominant :</p> <ul style="list-style-type: none">- stimulates right hemisphere of brain- leads to creativity- enhances artistic and musical abilities- sharpens intuition, psychic and extrasensory perception	<p>Pingala: Sun Surya (सूर्य) Nadi</p> <ul style="list-style-type: none">- Origin : right of spine's base- Terminates: right nostril- Governs right side of body- Vital processes <p>Relates to</p> <ul style="list-style-type: none">- Sympathetic nervous system <p>Characteristics</p> <ul style="list-style-type: none">- Heating- Consumes energy <p>When dominant :</p> <ul style="list-style-type: none">- stimulates left hemisphere of brain- leads to rationality- enhances analytical abilities- sharpens analytical and rational capabilities
---	--

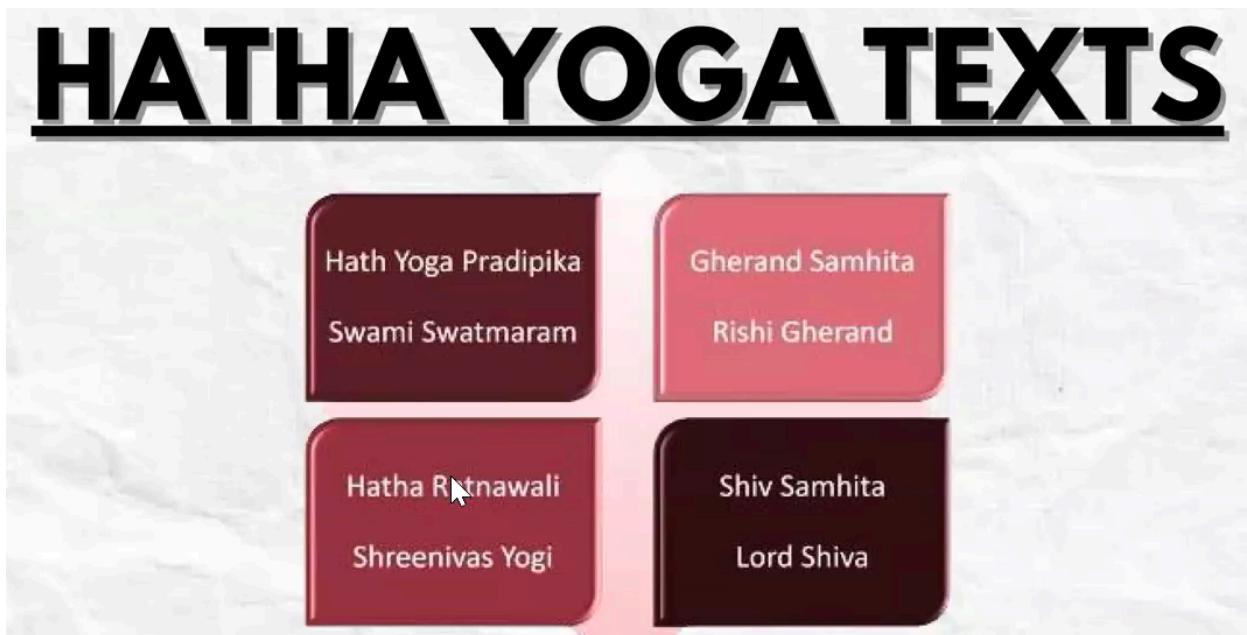
While your sympathetic nervous system carries signals that put your body's systems on alert, your parasympathetic carries signals that relax those systems. The parasympathetic nervous system is responsible for the body's rest and digestion response when the body is relaxed, resting, or feeding. It decreases respiration and heart rate and increases digestion.

ULTIMATE GOAL OF HATHA YOGA



- योगशास्त्र == मोक्षशास्त्र
- Hatha yoga (mainly concerns with Asanas) is staircase to Raj Yoga (so systematic that it is for 'kings', coined by Swami Vivekanand), but we will study Raj yoga first then hatha yoga as it came later (as explanation post-raj-yoga), but now, we can study Hatha first and then Raja yoga
- Kundalini awakening through Pranayam, bandha and Mudra leads to Moksha
- Hathayoga Pradipika: 4 chapters (Chaturanga Yoga) swami Swatmarama, 15th century

HATHA YOGA TEXTS



HATHA YOGA PRADIPAKA: ORIGINS

- Classic manual of Hatha Yoga
- Pradipika = Self-illuminating
- 15th century by Swami Swatmaram

Lord Shiva
adi yogi → first yogi

→ Matsyendranath

→ Swami Gorakhnath

→ Swami Swatmaram

HATHA YOGA PRADIPAKA: STRUCTURE

❖ Chaturanga: Four limbs (four chapters)

Asana (15)

- ↳ Concept of yogic diet
- ↳ 10 Yama
- ↳ 10 niyama
- ↳ Sadhaka-badhaka tatva

Pranayama (10)

- ↳ kumbhak (8)
- ↳ Shat karma (6)

Mudra (10)

- ↳ Kundalini practices for its awakening

Nadanusandhan (4)

- ↳ Shambhavi mudra
- ↳ Types of Samadhi

www.paramayoga.in

Shambhavi mudra is not given in 'mudra' chapter but in 4th, as it is considered as special (कुलवधु) as it will take you to Samadhi.

- Which asana activates 72k nadis? Siddhasana
- Shambhavi mudra has special status, 'kulavadhu'
- Bhadrasana == baddhakonasana

Chapter 1

॥ ऋग्वेदस्त्रिमि॒षां प्राणि॑ योगः ॥

HATHA YOGA PRADIPAKA: ANGA 1 NAME OF CHAPTER 1: ASANAHA

❖ 15 Asanas

1 Siddhasana (best asana)	2 Padmasana	3 Simhasana	4 Swastikasana	5 Veerasana
6 Matsyendrasana	7 Gomukhasana	8 Bhadrasana	9 Mayurasana	10 Kukutasana
11 Koormasana	12 Utthan-koormasana	13 Shavasana	14 Dhanurasana	15 Paschimottanasa

First 4 are meditative sitting asanas.

॥ ऋग्वेदस्त्रिमि॒षां प्राणि॑ योगः ॥

HATHA YOGA PRADIPAKA: ANGA 1, ASANAS

❖ 4 important asanas

	Siddhasana
	Padmasana
	Simhasana
	Bhadrasana

❖ Benefits

Sthairyam: Stillness
Arogyam : Disease - free
Angalaghavam: lightness

Hatha Yoga Pradipika: Anga 1, Sadhaka-Badhaka Tatva

Sadhaka Tatva Facilitators

UTSAHA : ENTHUSIASM

SAHASA : COURAGE

DHAIRYA : PERSEVERANCE

TATTVAJNYANA : DISCRIMINATIVE KNOWLEDGE

NISCHAYA : DETERMINATION

JANASANGA PARITYAGA : ALOOFNESS FROM COMPANY

Badhaka Tatva obstacles

ATYAHARA : OVER-EATING

PRAYASA : EXERSION

PRAJALPA : TALKATIVENESS

NIYAMAGRAHA : INSISTENCE ON ADHERING TO RULES

JANASANGHA : BEING IN COMPANY

LAULYA : FICKLE-MINDEDNESS

www.paramyoga.in

मीताहार measured diet, 3/4th of stomach only, 1/4 for water and churning.

सुस्निग्धं मधुराहारश्चतुर्थांश विवर्जितः । भुज्यते शिव सम्प्रीत्यै मिताहारः स उच्यते ॥६०॥

● HATHA YOGA PRADIPAKA: ANGA 1, MITAHARA ●

Mitahara, moderate food

- ❖ Nutritious
- ❖ Sweet, lubricating
- ❖ To one's liking
- ❖ Easily digestible
- ❖ Should not irritate body's systems

susnighadha sumadhur- chaturthansha vivarjitaḥ

bhujuyate-shiv sampritya mitaharaha uchyate

HATHA YOGA PRADIPAKA: ANGA 1, MITAHARA

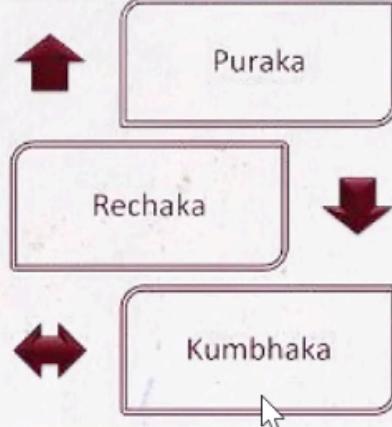


Chapter 2

Prana (life force), Ayam (controlling).

Hatha Yoga Pradipika: Anga 2 Name of Chapter 1: Pranayama

❖ Each breath



❖ Benefits

- Clears blocks in naadis
- Eliminates diseases

chale vate chale chittam

Goal: increase holding capacity (Kumbhak), so all pranayama in hatha yoga pradipika are called as kumbhak

HATHA YOGA PRADIPHIKA: ANGA 2, PRANAYAMA->KUMBHAK

1 Surya bhedan 2 Ujjayi 3 Shitkari

4 Sheetali 5 Bhastrika 6 Bhramari

7 Plavini 8 Moorcha

- Surya bhedan (right nostril breathing: all inhales thru tight, all exhales thru left, no holdings) kills worms in the stomach.
- Ujjayi (heating), only pranayam that can be done walking, sitting, etc, anywhere, anytime
- Shitakari (spreading of mouth, teeth aligned)
- Sheetali (tube of mouth, tunnel of tongue, exhale through nose)
- Bhastrika (not like Kapalbahti, where exhale is active)), both inhale and exhale are active, with chest, hand in front of chest and horizontal. If anyone is feeling giddy, press-circle in the middle of the mustache.
- Bhramari (humming bee, thumb in ear, fingers on eyes, khechari tongue mudra)
- Plavini: inhale and float on water, padmasan
- Moorcha: inhale, hold for such a long time, then up to unconsciousness

Chapter 3

HATHA YOGA PRADIPHIKA: ANGA 3 NAME OF CHAPTER 3: MUDRA-> MANANAT TRYTE ITI MUDRA

❖ Benefits: Awakens kundalini with bandha

1 Maha mudra

2 Mahaveda mudra

2 MahaBandha mudra

4 Mula bandha

5 Jalandhara bandha

6 Uddiyana bandha
(best bandha)

7 Viparita karni mudra

8 Vajroli

9 Khechari mudra
(best mudra)

10 Shakti chalana

www.paramyoga.in

(Definition given above is wrong, should have been मननात त्रायते इति मन्त्रा) correct: मुदं आनन्दं
ददति इति मुद्रा)

विपरीत कराणि is काया मुद्रा (body gesture without banda, but in asana bandha is applied),
khechari mudra is tongue position.
महाबन्ध (मूल, उद्दियन , जालन्धर) together.

Chapter 4

॥ ५ अष्टाव ग्रन्थसंकाश ॥

HATHA YOGA PRADIPNIKA: ANGA 4

NAME OF CHAPTER 4: NADA ANUSANDHANA

States of nada, *avastha*
Arrived at by releasing knot, *granthi*

1 Arambha Avastha →
 Bramha Granthi
 (zanzan nad)

2 Ghata Avastha →
 Vishnu Granthi
 (cattle bell sound)

3 Parichaya Avastha

4 Nishpatti Avastha →
 Rudra Granthi
 (flute, vina sound)

www.paramyoga.in

Another Hatayoga scripture is by Rishi Gheranda (17th century)

GHERANDA SAMHITA: ORIGINS AND STRUCTURE

- Taught by Rishi Gheranda to Chandakapali
- Ghatastha Yoga
- Ghata = pot 
- Ghatastha yoga = molding the pot or baking pot in the fire of yoga 17th century

Saptanga Yoga



- Given importance to body, so the first chapter is shata (6) karma

GHERANDA SAMHITA: ANGA 1
NAME OF CHAPTER 1: SHATA KARMA

❖ 6 Cleansing Practices

Neti, Dhauti, Nauli, Kapalabhati, Basti, Trataka

Gheranda Samhita: Anga 3 Name of Chapter 3: Mudra

- 25 Mudra :**
 - 16 Mudra
 - 4 Bandha
 - 5 Dharana



- Important mudras :**
 - Khechari mudra
 - Shambhavi mudra
 - Ashwini mudra
- Important bandhas :**
 - Jalandhara bandha
 - Mula bandha
 - Uddiyana bandha

Practicals

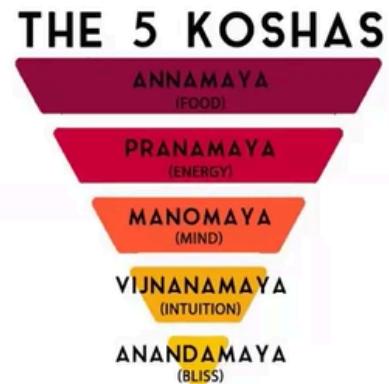
([Zoom Recording](#))

SUKSHMA VYAYAM

- Sukshma → subtle
- Sukshama vyayam (microcirculation practice) is a system of physical and breathing exercises
- Work on all joints of the body and helps to warm it up
- Sukshma vyayam was designed, developed, and propagated by Maharshi Karthikeyaji Maharaj
- Dhirendra Bramhachariji propagated in the modern world (**1924-1994**)
- In this activity a person can experience the prana or energy flow within.
- Benefits are immense, direct, and immediate.

SUKSHMA VYAYAM

- sukshma sharir → subtle body
- Work on single joint
- pranmay --> manomay --> vigyanmay



STHUL VYAYAM (MACROCIRCULATION PRACTICES)

- Two or more joints are used
- Aim --> is to increase heart rate

Benefits :

- Useful to reduce stress
- Useful to reduce weight
- Increase strength and tone muscle

SARVANGA PUSHTI

Sarva + Anga + Pushti (Well-nourished)

Precautions :

- Back Pain
- Hernia
- Heart-disease
- Vertigo

Benefits :

- Whole Body development
- Strengthen all parts of the body
- Spine Flexibility
- Helps in digestive disorder



HRID GATI (ENGINE RUN)

Benefits→

Wonderful physical exercises

Muscles of thighs and calves are developed

Obese people and a thin people can acquire muscular body

([Zoom Recording](#)) Not a good recording, no content/postures seen

References

- How to start VCB (Level -1, 2 & 3) Preparation ([video](#))
- National Institute of Open Schooling Indian Knowledge Tradition, Good Training material
[https://nios.ac.in/departmentsunits/academic/open-basic-education-\(obe\)/yoga-a147.aspx](https://nios.ac.in/departmentsunits/academic/open-basic-education-(obe)/yoga-a147.aspx)
- YCB Level 1 - 200 Hrs Yoga TTC | Theory Lectures - [YouTube](#)
- Yoga Certification - By YCB Yog Aurora - [YouTube](#)
- YCB Level 1 Yoga Protocol Instructor Certification - [YouTube](#)