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Day 16 of 30 Days of Yogic Journey — Yoga Asana, Classifications of Yoga Asana



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Prayer

We started the session by preparing ourselves for prayer by sitting in the “Sukhasana” pose and the “Gyan” mudra.

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

gururbrahmā gururviṣṇuḥ gururdevo maheśvaraḥ .
guruḥ sākṣāt parabrahma tasmai śrī gurave namaḥ .

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

Practice of Yogic Sukshma & Shula Vyayama as Warm Up Exercise

We started the session with practice of yogic sukshma & sthula vyayama as a warm up exercise which is helpful to perform yoga asana.

Practice of Surya Namaskara

Also, practiced 12 rounds of Surya Namaskara but this time we included Mantras along with each surya namaskara pose for 1st round. Here are the list of Mantra which chants:

1. Om Mitrayah Namah
2. Om Ravaye Namah
3. Om Suryah Namah

4. Om Bhanave Namah
5. Om Khagaya Namah
6. Om Pusne Namah
7. Om Hiranya Garbhaya Namah
8. Om Marichaye Namah
9. Om Adtiyaya Namah
10. Om Savitre Namah
11. Om Arkaya Namah
12. Om Bhaskaraya Namah

Above mentioned mantras includes the different names of Sun (Surya).

Yoga Asana

The word 'Āsana' means posture.



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

Asana is a state in which individual can remain physically and mentally steady, calm, quiet and comfortable.

The great sage **Patanjali**, the ‘Father of Yoga’ explains this aspect very aptly in his three ‘sutras’. which are:

Surtra 46

Sthiram sukham asanam

Asanas are postures which give steadiness, bliss and happiness.

Surtra 47

Prayatna saitilya ananta samapatti

Individual can consciously stretches and relaxes in the final pose to reach the universal bliss.

Surtra 48

Tato dvandhva na abhigatah

When the final pose is achieved with effort and the body is stable resulting in mental happiness, the Yoga Sadhaka will never be affected by any dualities. He will overcome all these dualities that create stress. Gradually the body mind balance is achieved with the experience of universal bliss.

In the yogic scriptures, it is said that there were originally 8,400,000 asanas which represent the 8,400,000 incarnations every individual must pass through before attaining liberation from the cycle of birth and death.

Classifications of Yoga Asana

Yoga asanas are classified based on the following:

- Purpose and Utility
- Physical Position

Purpose and Utility

Based on purpose and utility, we can divide yoga asanas in the following categories:

Meditative

Yoga asanas which are performed/practiced for long duration falls into this category. Sukhasana, Padmasana, Vajrasana are the names of few.

Relaxative

Yoga asanas which relaxes your body and mind are comes into this category. Shavasana, Makarasana, Balasana are the names few yoga asanas which are relaxative.

Corrective and Cultural

Yoga asanas which are helpful in correcting individual's body posture as well as keep body fit falls into this category. **Trikonasana**, **Kati Chakrasana** are few of them.

Physical Position

Based on physical position, we can divide yoga asanas in the following categories:

Standing Postures

All yoga asanas which are performed in standing position falls into the category:

- Tadasana (The Palm Tree Pose)
- Ardha Chakrasana (Relaxed Back Bend Pose)
- Vrikshasana (Tree Pose)
- Padahasthasana (Forward Bend Pose)
- Trikonasana (Triangle Pose)
- Kati Chakrasana (Standing Spinal Twist Pose)

Sitting Postures

All yoga asanas which are performed while individual is sitting comes falls into the category:

- Dandasana
- Bhadrasana

- Pashmittasana
- Purbottasana
- Mandukasana
- Uttan Mandusana
- Vakrasana
- Gaumukhasana
- Ushtrasana
- Ardha Ushtrasana

Prone Postures

All yoga asanas which performed in posture where individual's stomach touches surface falls into this category:

- Makrasana
- Bhujangasana
- Salabhasana
- Dhanurasana

Supine Postures

All yoga asanas which performed in posture where individual's spine touches surface falls into this category:

- Setubandhasana
- Matsyasana
- Pavanamuktasana
- Ardha Halasana
- Uttan Padasana

We will cover all yoga asanas in depth in upcoming sessions.

Relaxation

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

Closing Prayer

We end today’s session by chanting “OM” following Mantra:

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

What’s Next?

In the next article, I will learn about yoga asanas which are performed in standing position.

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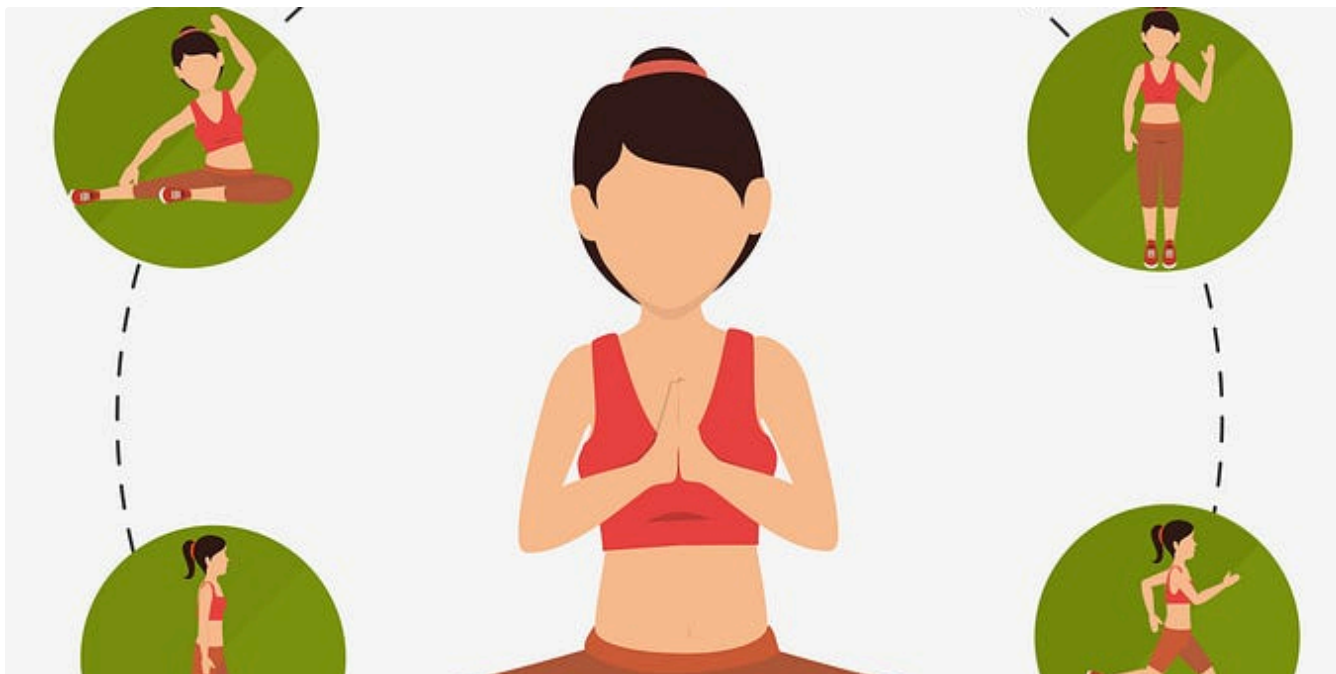
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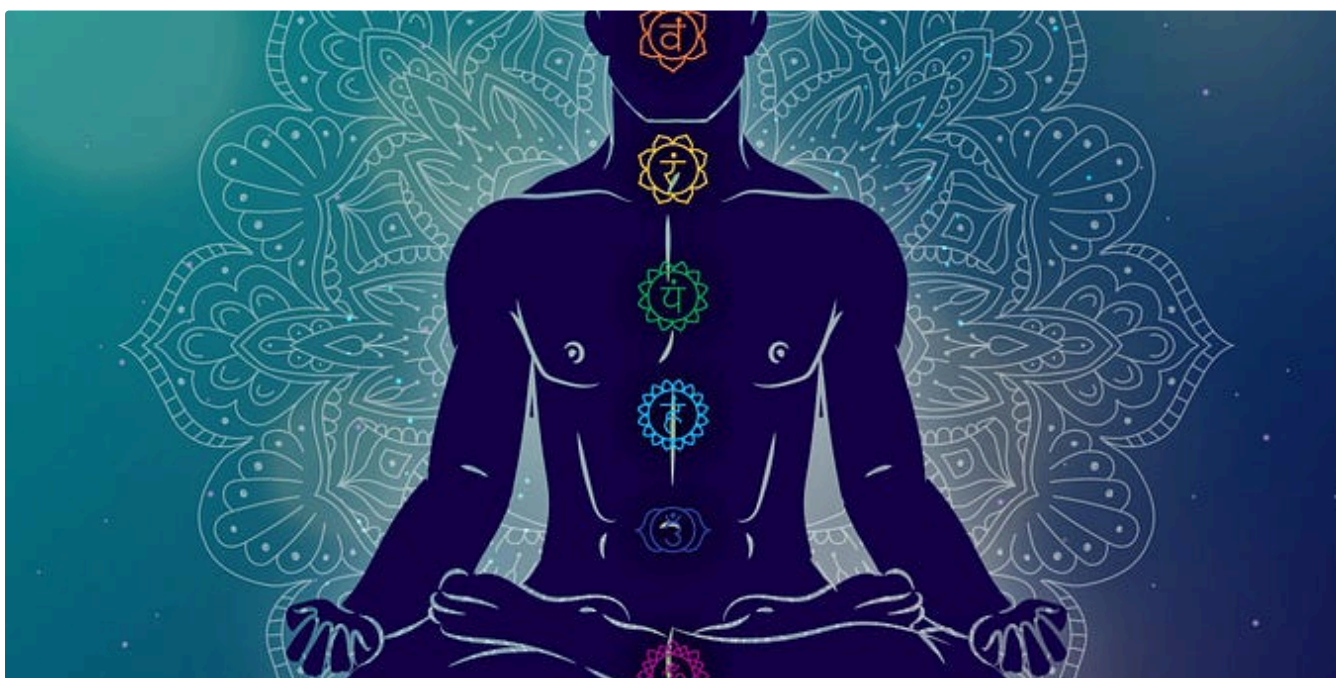


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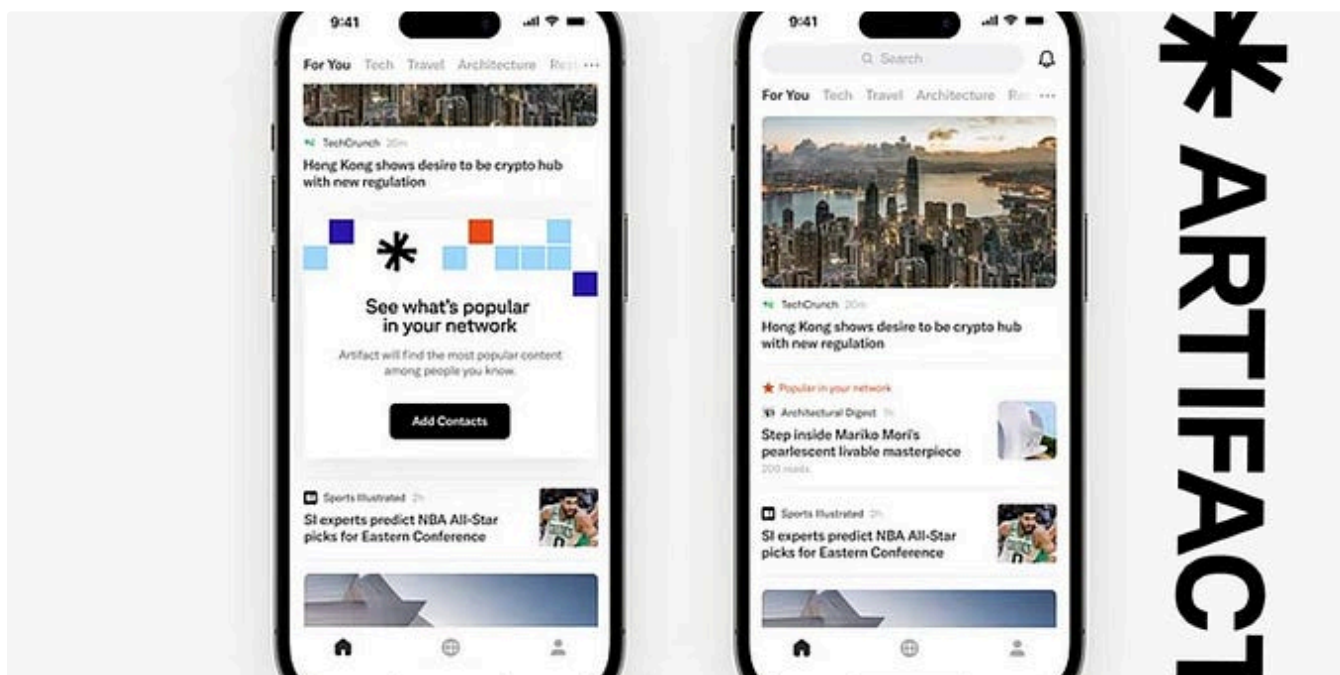
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