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# Day 13 of 30 Days of Yogic Journey — Weekend Workshop



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- Prayer
- Understanding Sadhaka & Badhaka Tattva
- Ideal Order of Yogic Practices to Achieve Success in Yoga Sadhana
- Kunjal Dhauti & Jal Neti Demonstration by Yoga Teacher
- Closing Prayer
- What's Next?

## Prayer

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

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

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

## Understanding Sadhaka & Badhaka Tattva

In Hatha Yoga, the sadhaka and badhaka tattva lay out specific sets of rules to advance your yoga.

“Tattva” is a Sanskrit word meaning “principles” or “elements”.

“**Sadhaka**” is also a Sanskrit word meaning “**instrumental**”, “**favorable**” or “**beneficial**”.

“**Badhaka**” is also a Sanskrit word meaning “**obstructs**”, “**prohibits**” or “**opposes**”.

So, “**Sadhava Tattva**” is a set of principles or elements which are beneficial to yoga practitioners during their yoga sadhana.

While “**Badhaka Tattva**” is a set of things that should be avoided by every yoga practitioner during their yoga sadhana.



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

Let's understand both of them in depth:

### **Sadhaka Tattva (Secrets or Good Habits)**

utsāhātsāhasāddhairyāttattva-jñānāścha niśchayāt |  
jana-sangha-parityāghātṣhaḍbhiryoghaḥ prasiddhyati ||

This means every yoga practitioner should adhere to the following 6 principles or good habits:

- Utsaha (Enthusiasm)

- Sahas (Courage)
- Dhairya (Patience)
- Drid Nishchaya (Determination)
- Tatva Gyan (Faith)
- Jan Sangha Parityag (Being Focused in Crowd)

## Badhaka Tattva (Obstacles or Bad Habits)

atyāhāraḥ prayāsaścha prajalpo niyamāghrahaḥ |  
jana-sanghaścha laulyaṃ cha śhaḍbhiryogho vinaśyati ||

This means every yoga practitioner should avoid the following 6 obstacles or bad habits:

- Atyahara (Over Eating)
- Ati Prayas (Over Exertion)
- Pranjali (Excessive Talking)
- Niyama Grahi (Adhering to Rules too Much)
- Jan Sangha (Excessive Public Contact)
- Laulyam (Fickle Mind)

## Ideal Order of Yogic Practices to Achieve Success in Yoga Sadhana

Every yoga practitioner should perform the yoga practices in the following order to get maximum benefit:

- Yogic Shat Karma
- Yogic Sukshma Vyayama
- Yogic Sthula Vyayama
- Surya Namaskara
- Asana
- Pranayama

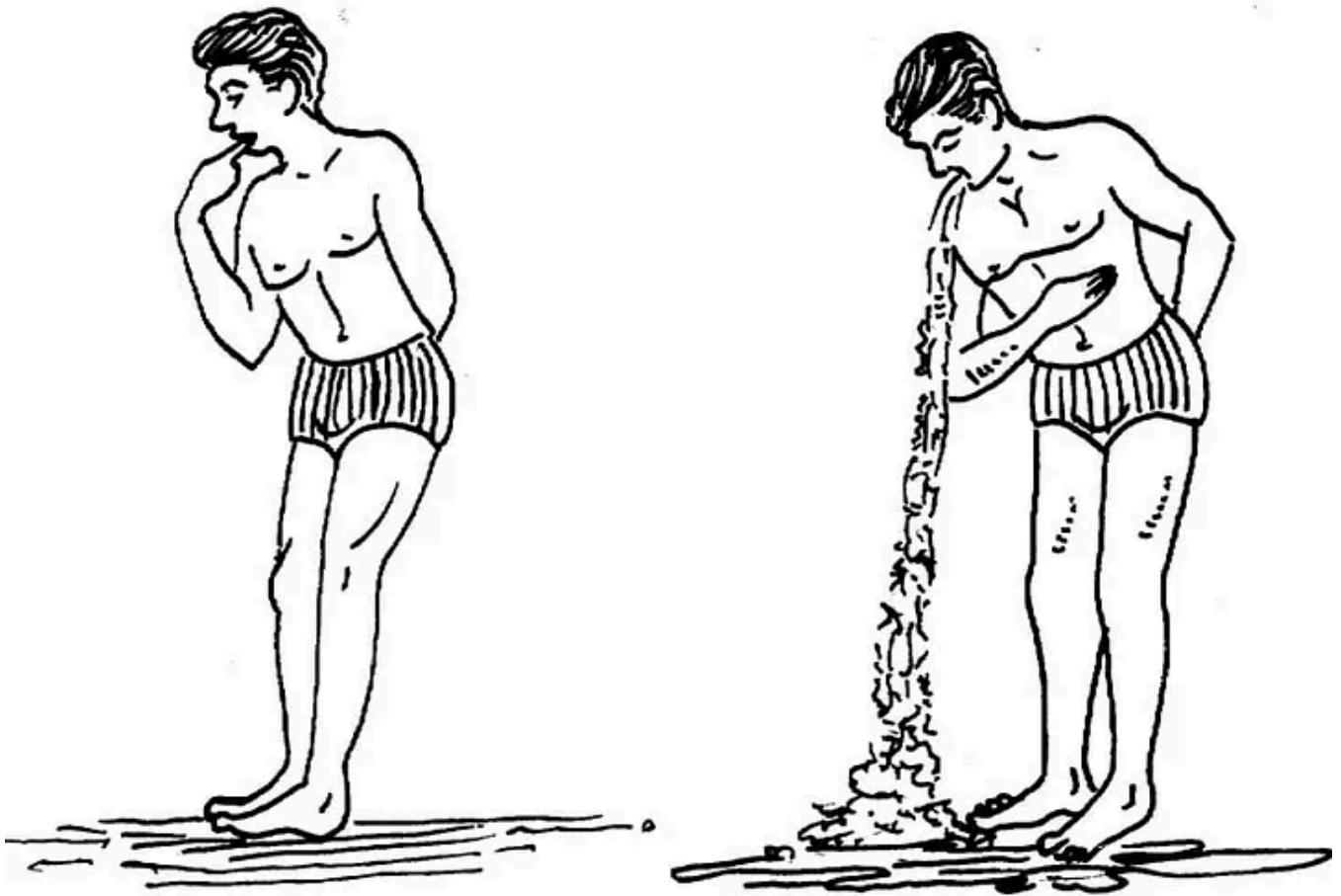
- Dhyana

## Kunjal Dhauti & Jal Neti Demonstration by Yoga Teacher

Our yoga teacher demonstrated “Kunjal Dhauti” and “Jal Neti” yogic shat karma. These yogic shat karmas are advanced yogic practices that should be practiced under the guidance of a yoga teacher.

It's very difficult to perform and requires time and devotion to learn and master.

### Kunjal Dhauti



### Jal Neti



## 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 the Mantra:

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

## What's Next?

In the next article, I will learn about Yoga Nidra, its techniques & benefits.

**Stay Healthy. Eat Healthy. Live Longer.**

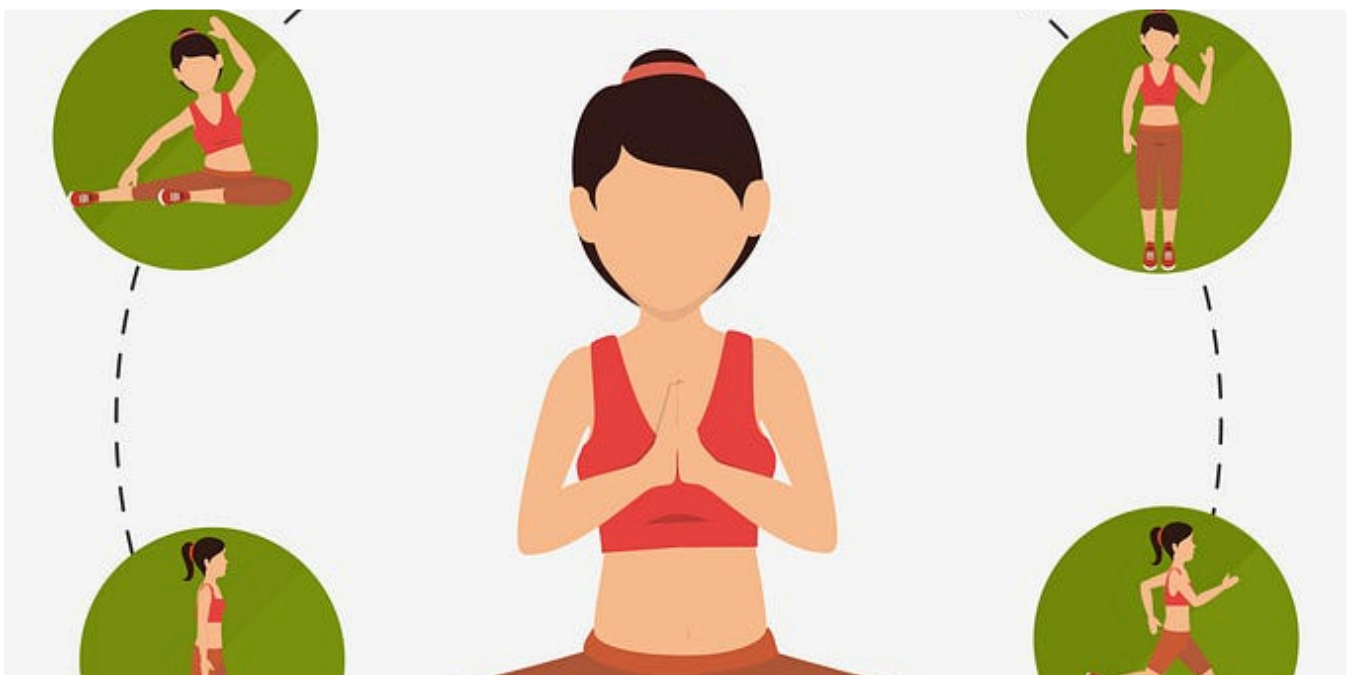
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## Written by Saatvik Life

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A Journey to stay healthy and live longer

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Practice yogic sukshma vyayama as well as understand its benefits. Also, learned about the types of bodies in yoga.

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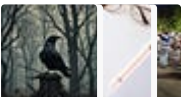




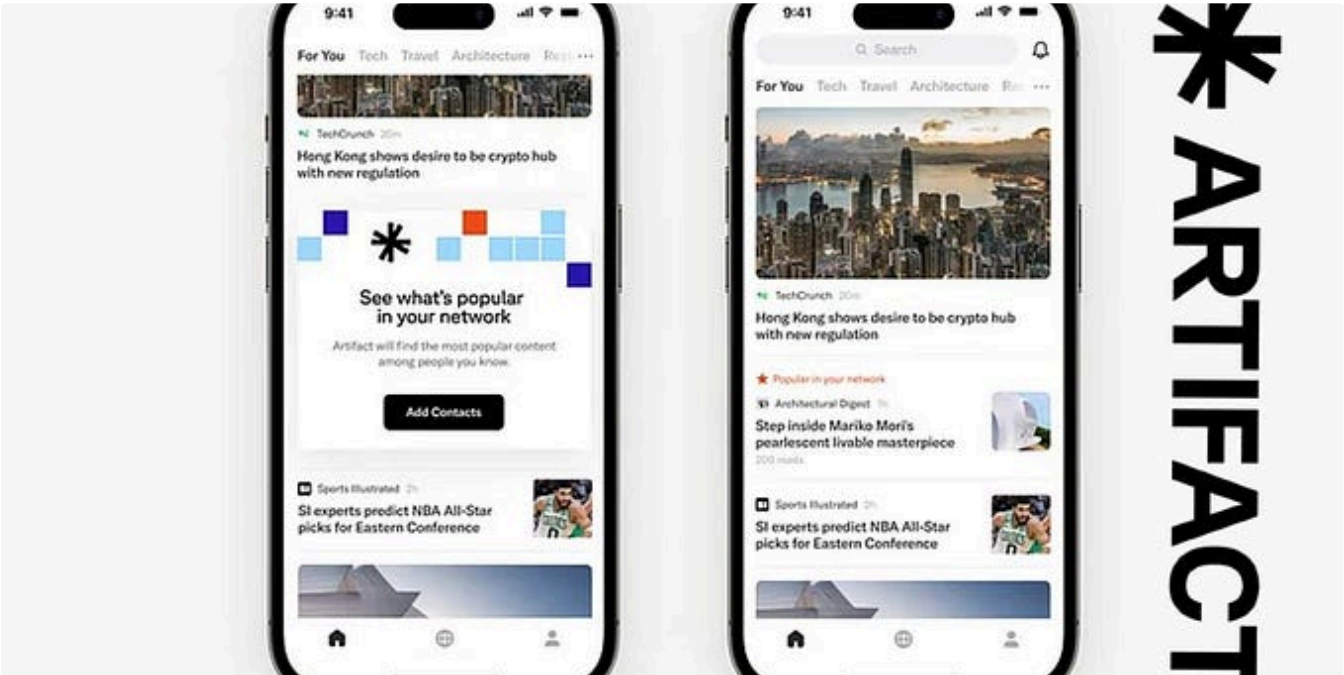
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