

**Practical :****4.3 Yogic Sukshma Vyayama and Sthula Vyayama :****Sukshma Vyayama :**

Sukshma Vyayama is the system of the physical and breathing exercises which helps to sequentially work out all joints of a body, to warm it up. This system has a strong purifying effect on the energy of the body.

In this world, the oldest element in Yoga which is unknown to many yoga schools today is Sukshma Vyayama which was propagated, and designed and developed initially by Maharishi Karthikeyaji Maharaj of the Himalaya. He had great compassion and empathy for humanity and taught Swami Dhirendra Brahmachari (1924-1994), who in turn propagated it across the modern world.

In the world, the most important and beautiful facet of Yogic Sukshma Vyayama is that it is the only system of exercises in which every body part, every muscle, joint and organ is taken into consideration. Here a specific exercise or even a set of exercises which is linked with a particular kind of breathing in a particular kind of position having particular point of mental concentration is recommended.

Yogic Sukshma Vyayama is only applied to the subtle body (Sukshma Sarira) which is prescribed to the gross Body (Sthula Sarira). One of the separate exercises which is successful in gross body is Sthula Vyayama.

Sukshma Vyayama is same as other gross exercises, like running and swimming, several cultural and physical exercises. However, Yogic Sukshma Vyayama is at a different footing. According to Indian traditional philosophy, it is only meant for those human beings who have a subtle body.

**Following are the important components or features of Sukshma Vyayama -**

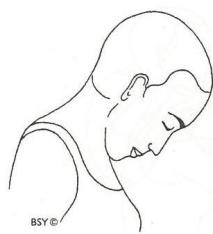
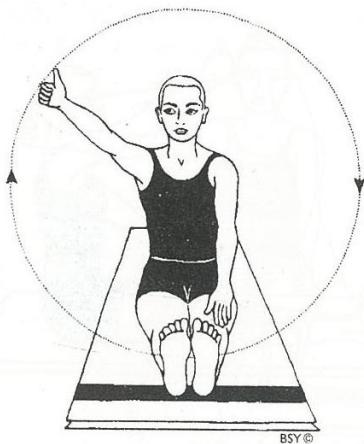
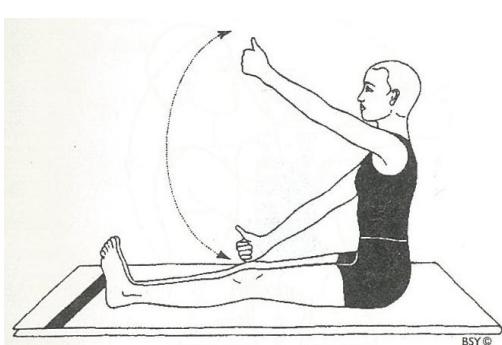
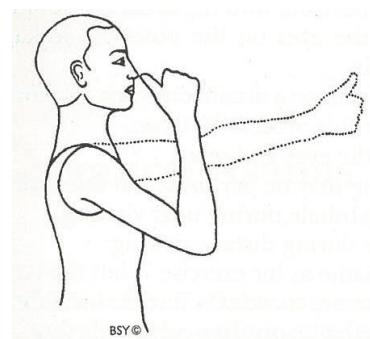
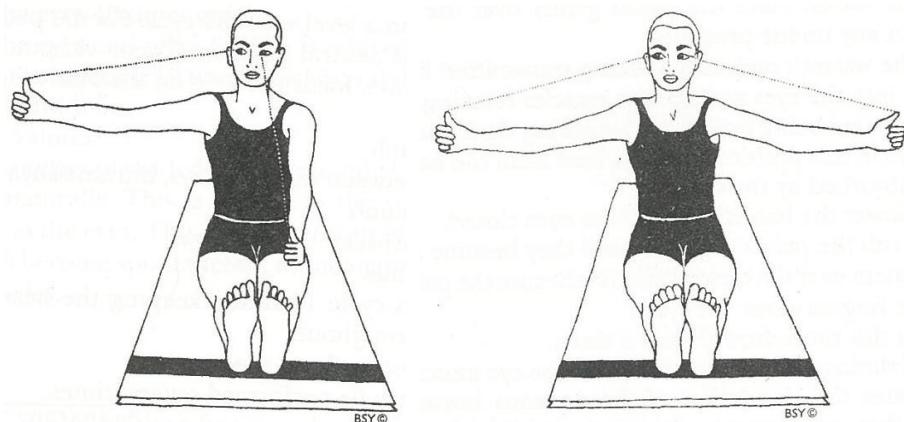
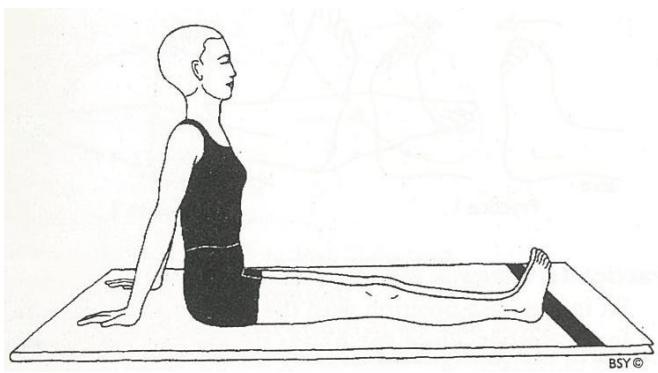
1. Breathing
2. Concentration Point
3. Actual exercise including motion ( many times, yet not always)

**When to practice Sukshma Vyayama :**

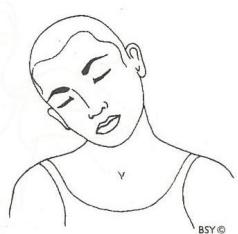
1. Twice a day, morning and evening.
2. can be done after bath if one takes a cold water bath, before bath if one would take a warm water bath.
3. Before food
4. on comfortable surface
5. Can be done indoor or out doors.

**Benefits of Sukshma Vyayama**

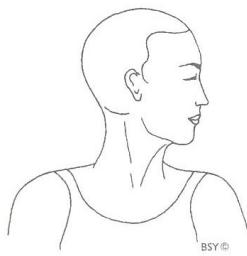
1. Develop extraordinary levels of faculties and capabilities both at the physical and mental levels for different traits of personalities.
2. It enhances and improves the energy (vigour) level and different systems and organs in the human body.



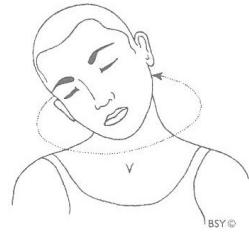
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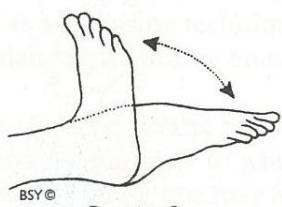
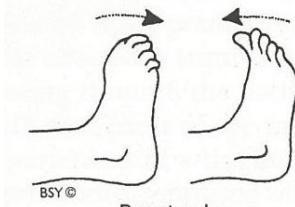
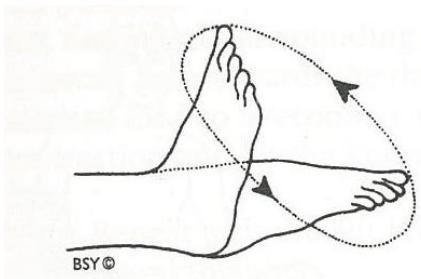
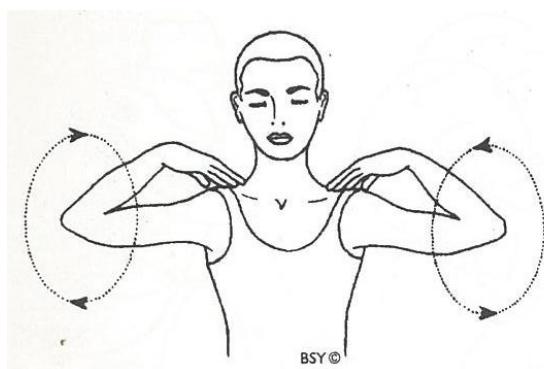
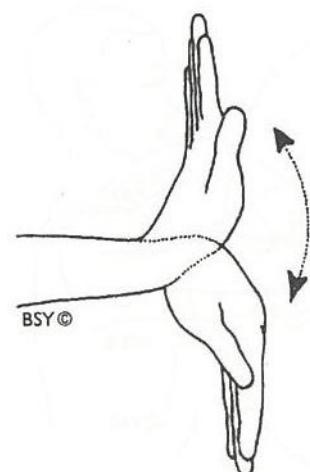
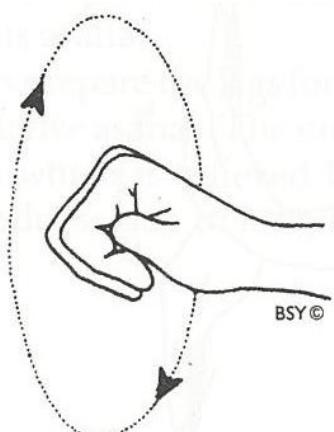
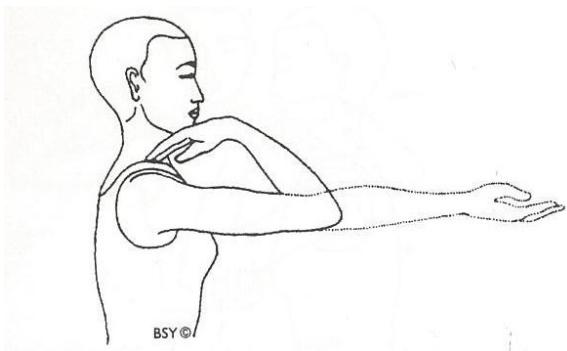
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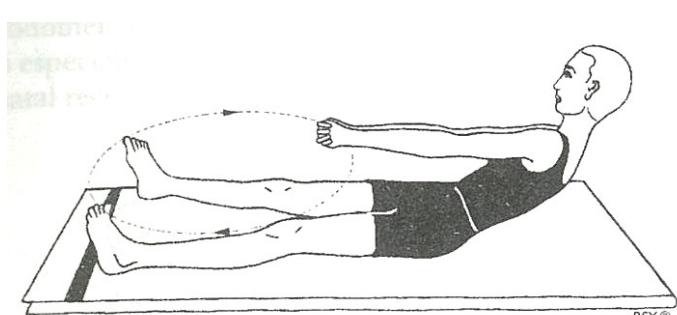
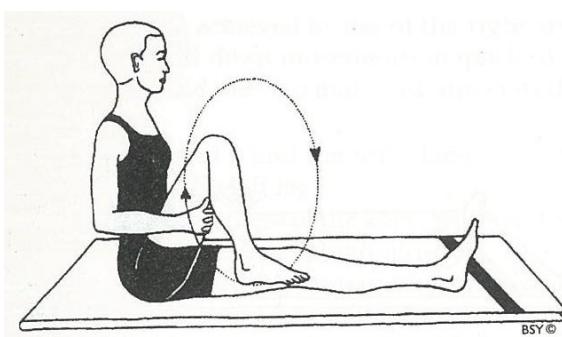
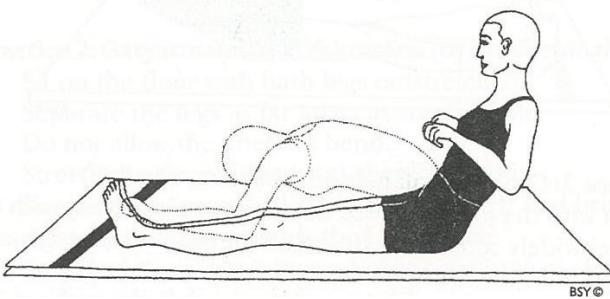
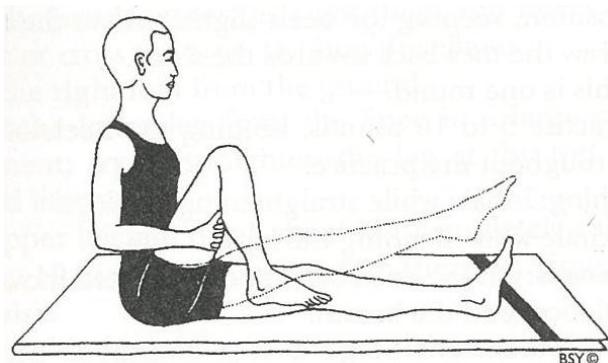
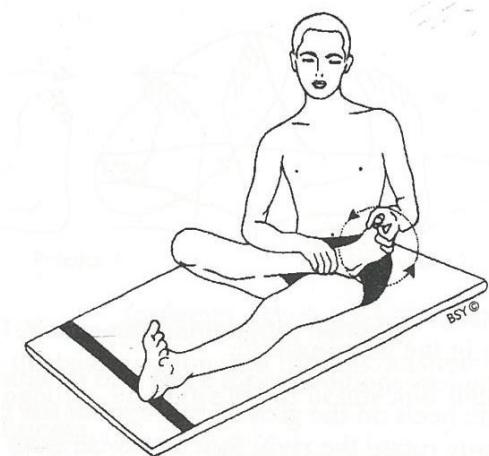
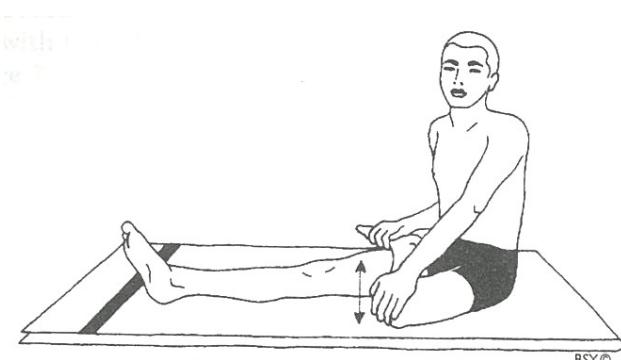
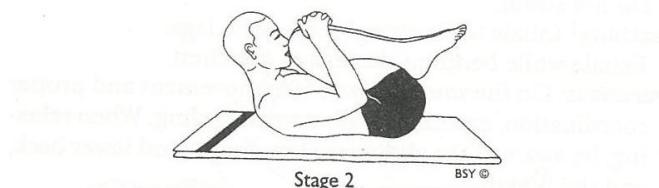
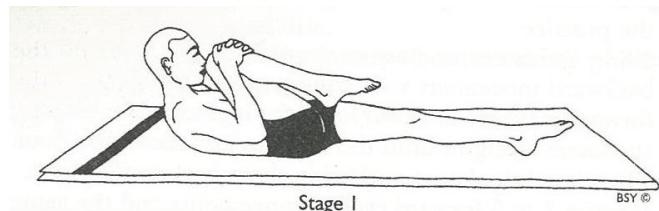
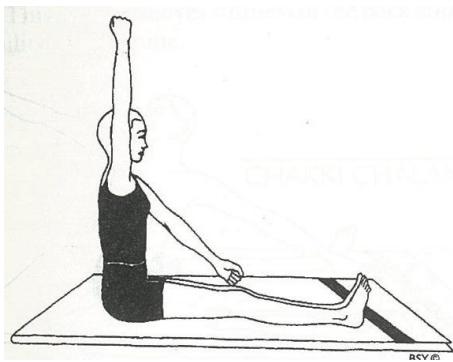


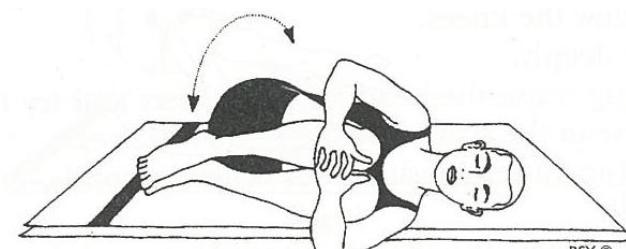
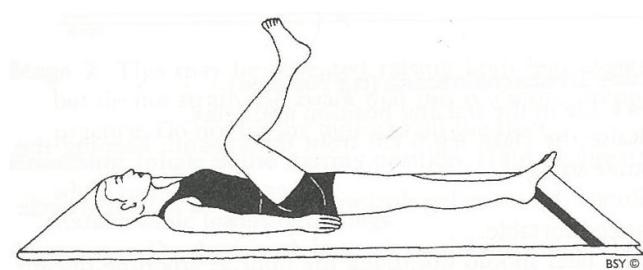
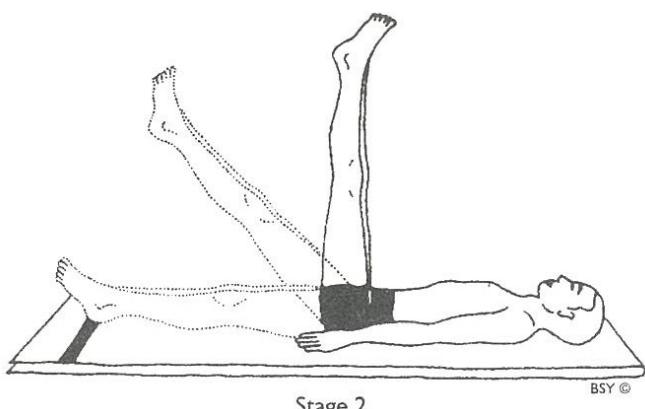
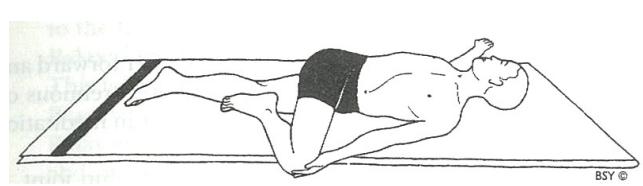
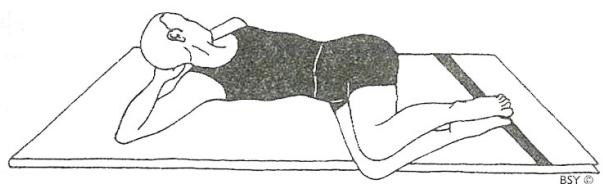
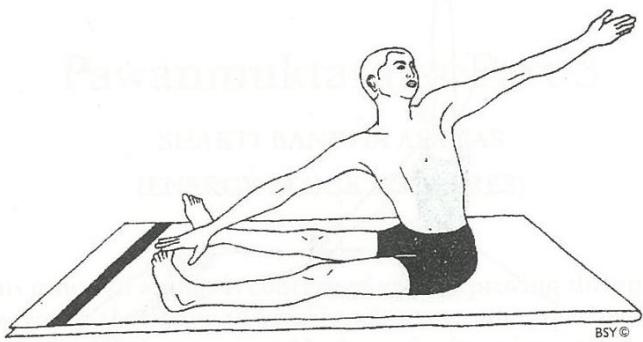
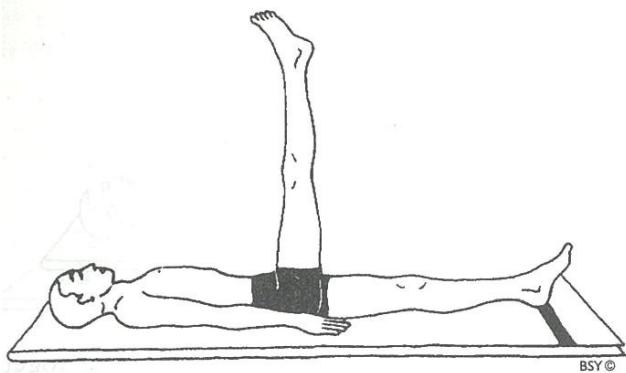
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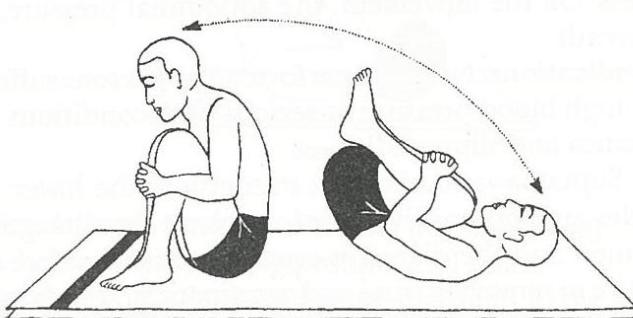
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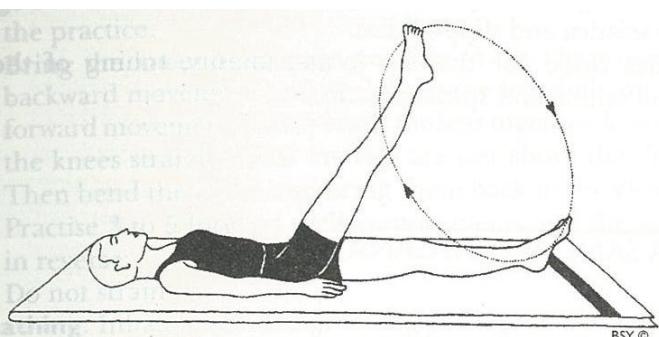
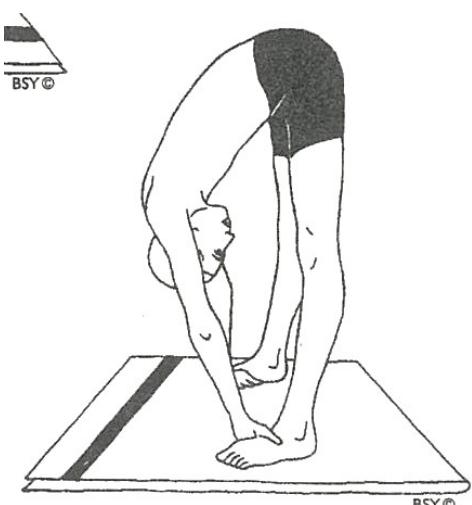
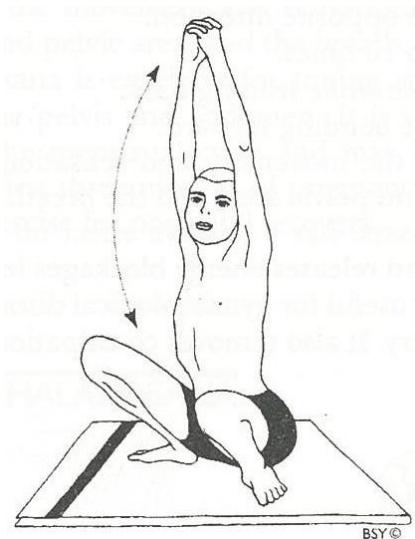
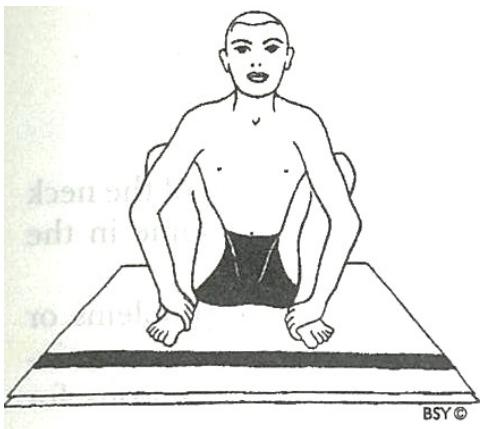
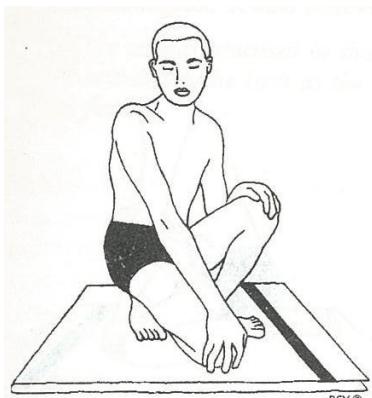


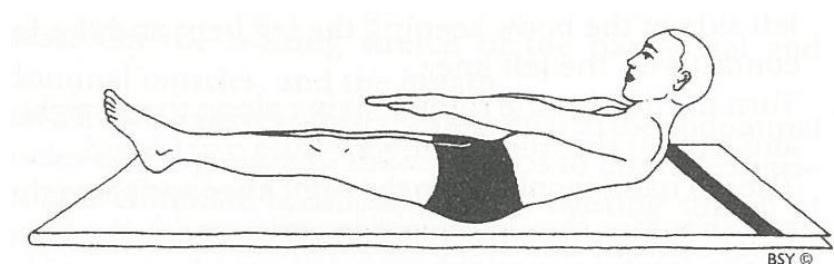


Stage 1



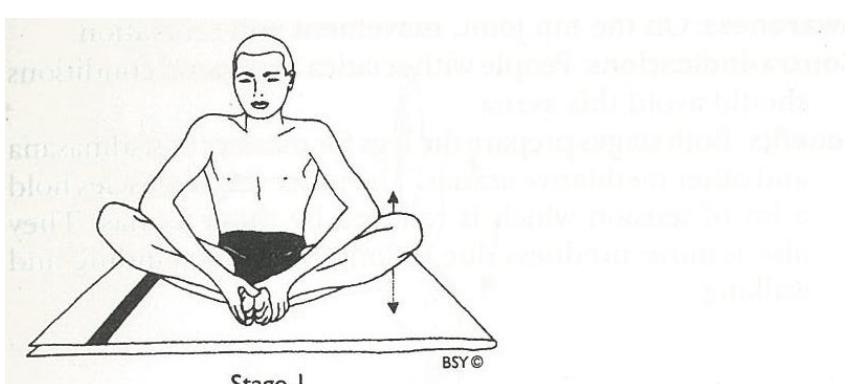
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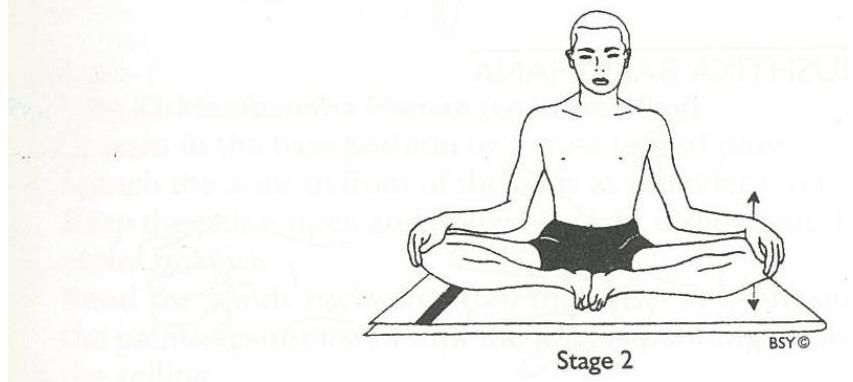


to move upper air to the right nostril. This movement of air creates a sense of expansion. It is good to hold this posture for a minute or two. It is also good to practice pranayama while holding this posture.

Now, take your right leg and place it on your left thigh. Hold this leg with both hands and gently pull it towards your chest. Hold this posture for a minute or two.



Stage 1



Stage 2