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# Day 15 of 30 Days of Yogic Journey — Revision of Yogic Practices We Learnt Till Now



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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 ..

## Revision of Yogic Practices We Learnt Till Now

Revised all yogic practices we learn till now which are:



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

## Yogic Sukshma Vyayama

- Griva Shakti Vikasak Pose A, B, C (For Neck Region)
- Bhuj Balli Shakti Vikasak Pose A, B, C (For Fore-arms Region)
- Purna Bhuj Shakti Vikasak Pose A, B, C (For Whole Arms Region)
- Vaksha Sthal Vikasak Pose A, B (For Thoracic Region)
- Kati Shakti Vikasak Pose A, B (For Waist)
- Jangha Shakti Vikasak Pose (For Thigh)
- Pindali Shakti Vikasak Pose (For Calf Muscle)

## Yogic Sthua Vyayama

- Hriday Gati (Engine Daud)
- Sarvanga Pushti

## Surya Namaskara

We practiced 24 rounds of Surya Namaskara which covered the following poses:

1. Namaskarasana (The Prayer Posture)
2. Hastottanasana (The Raised Arms Posture)
3. Padahastanasana (The Hands to Feet Posture)
4. Aswasanchalanasana (The Equestrian Posture)
5. Santolanasana (The Balance Posture)
6. Sastanga Namaskarasana (The Eight Limbed Posture)
7. Bhujangasana (The Cobra Posture)
8. Parvatasana (The Mountain Posture)
9. Aswasanchalanasana (The Equestrian Posture)
10. Padahastanasana (The Hands to Feet Posture)
11. Hastottanasana (The Raised Arms Posture)
12. Namaskarasana (The Prayer Posture)

## Yogic Shat Karma

- Kapalabhati
- Vata Neti
- Agnisara

## 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:

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om śāntiḥ śāntiḥ śāntiḥ ..

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## What's Next?

In the next article, I will learn about Yoga Asana and its benefits.

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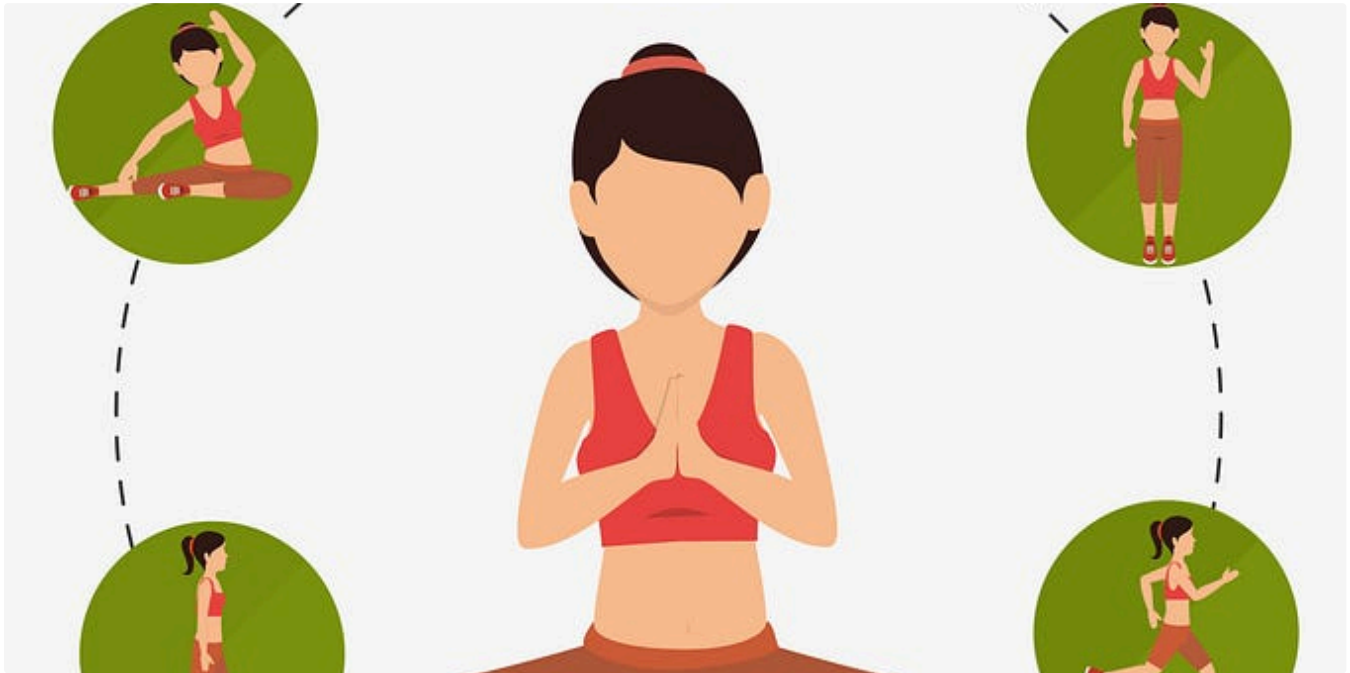
## Day 05 of 30 Days of Yogic Journey — Yogic Sukshma & Sthula Vyayama Practice, List of All Yogic...

Today's session was more about practicing the yogic vyayama which I learned this week. Also, read about all 48 yogic sukshma vyayama...

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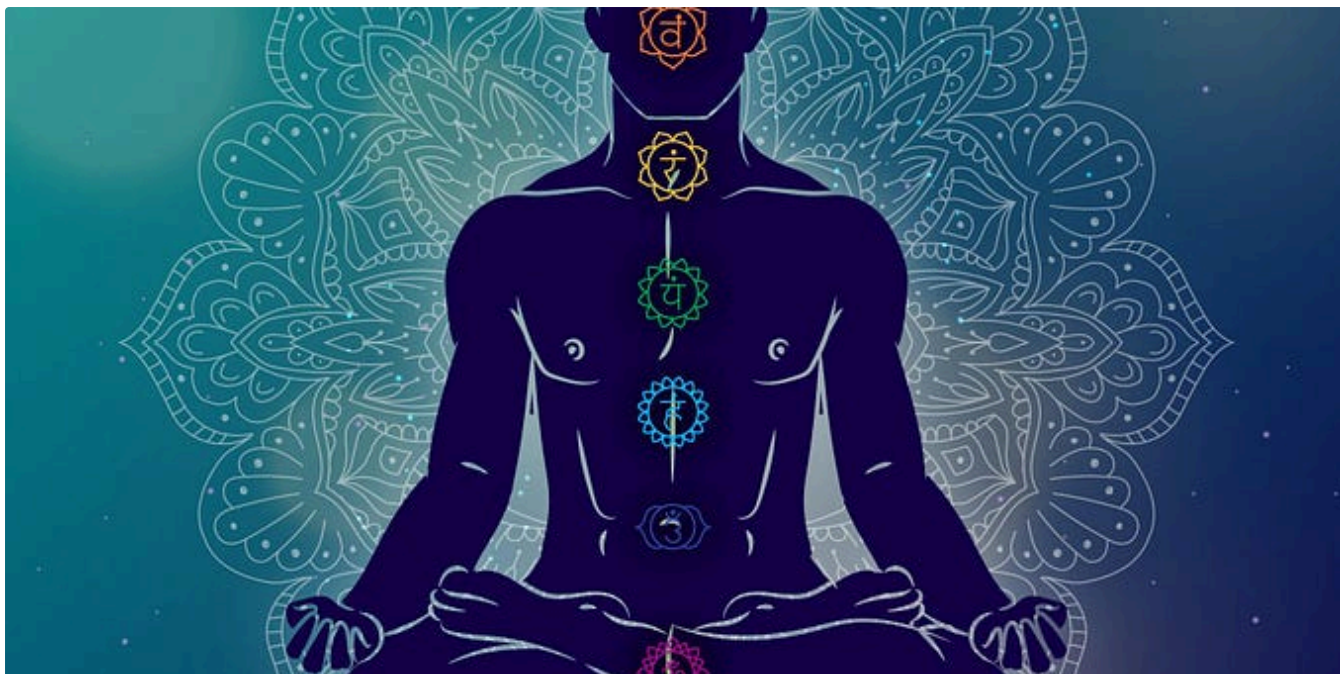
Learned about Yogic Sthula Vyayama — how to do it and what are their benefits...

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## Day 03 of 30 Days of Yogic Journey — Yogic Sukshma Vyayama Practice and Their Benefits, Types of...

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

3 min read · May 3, 2023



## Day 02 of 30 Days of Yogic Journey — Guiding Principles for Yoga Practitioners and Yogic Sukshma...

Learned guiding principles for yoga practitioners, practiced yogic sukshma vyayama. Also, learned how to begin and end yogic session...

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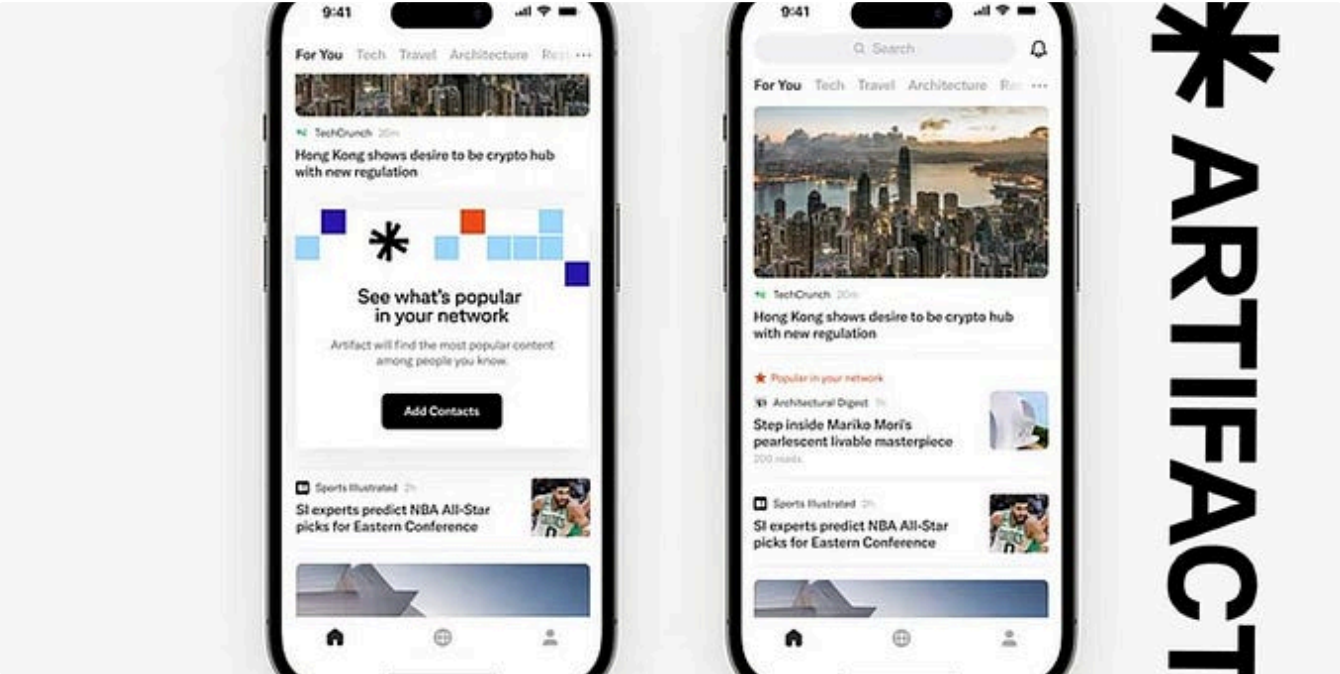
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