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# YoDay 12 of 30 Days of Yogic Journey — Yogic Sukshma, Sthula Vyayama, Yogic Shat Karma & Surya Namaskara Practices, Beginning of Pranayama



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## Summary

- Prayer
- Yoga Practices of Poses & Kriyas Learned Till Now
- Pranayama — Anulom Vilom Breathing Practice
- 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 ..

## Yoga Practices of Poses & Kriyas Learned Till Now

Today's session focused more on the yogic poses and kriyas we learned until now.



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

These are the following:

### **Yogic Sukshma Vyayama**

- Griva Shakti Vikasak
- Bhuj Balli Shakti Vikasak
- Purna Bhuj Shakti Vikasak
- Vaksha Sthal Vikasak
- Kati Shakti Vikasak
- Jangha Shakti Vikasak
- Pindali Shakti Vikasak

### **Yogic Sthula Vyayama**

- Hriday Gati (Engine Daud)

- Sarvanga Pushti

## **Yogic Shat Karma**

- Kapalabhati
- Vata Neti
- Agnisara

## **Surya Namaskara**

We covered the following poses as a part of “Surya Namaskara”. Also, we practiced 12 rounds today:

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)

## **Pranayama — Anulom Vilom Breathing Practice**

Today, we practiced our first Nadi Shodhana Pranayama “Anulom Vilom”.



## Nadi Shodhana Pranayama

Courtesy: <http://www.yogamdniy.nic.in/>

We will discuss more about pranayama in depth in future articles.

### **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” followed by Shanti Path

### **What's Next?**

In the next article, I am also unsure so it’s a surprise.

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Yoga Practice

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Pranayama

Yogic Secrets



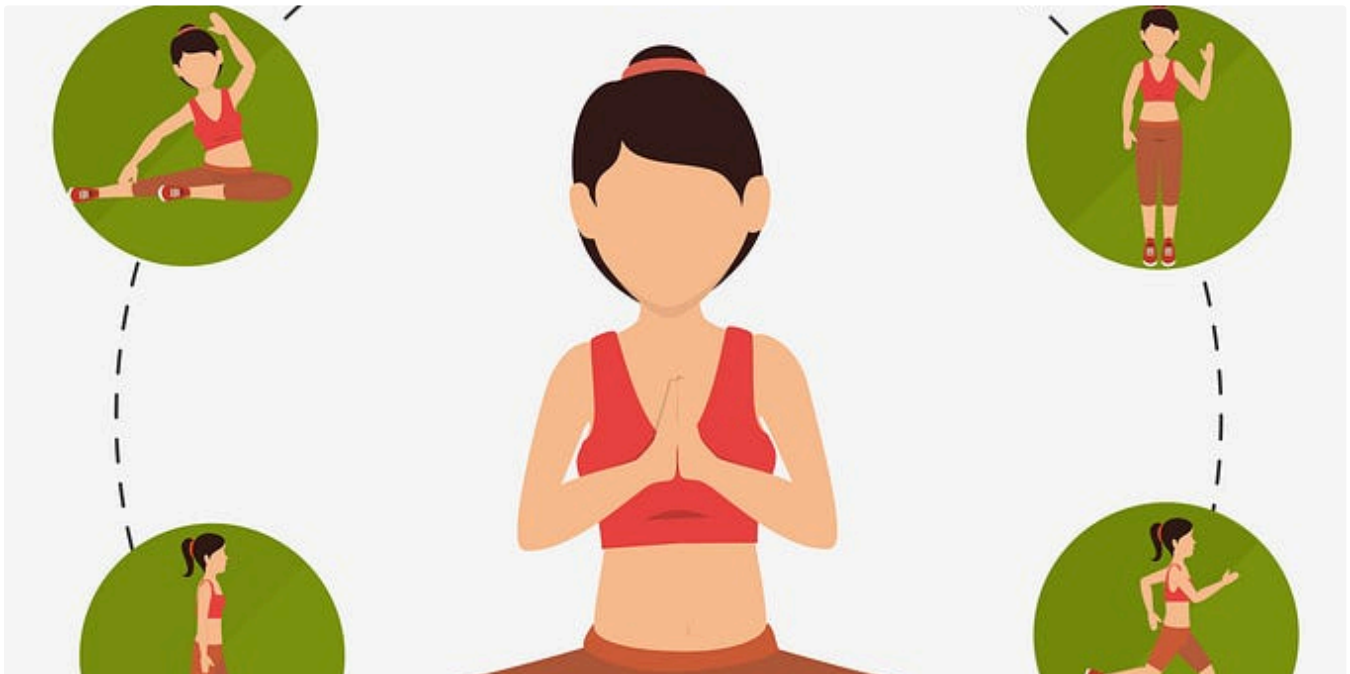
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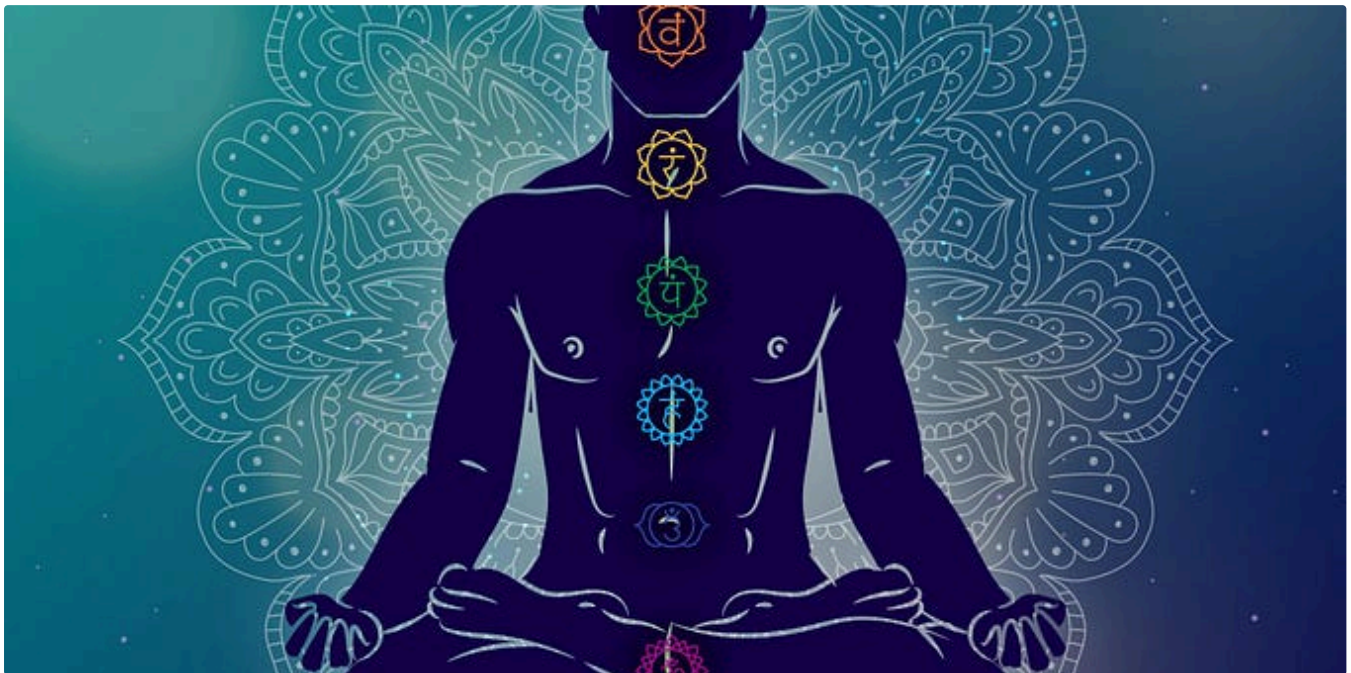


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## Day 06 of 30 Days of Yogic Journey — Yogic Sukshma & Sthula Vyayama Practice, Yogic Sthula Vyayama...

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

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

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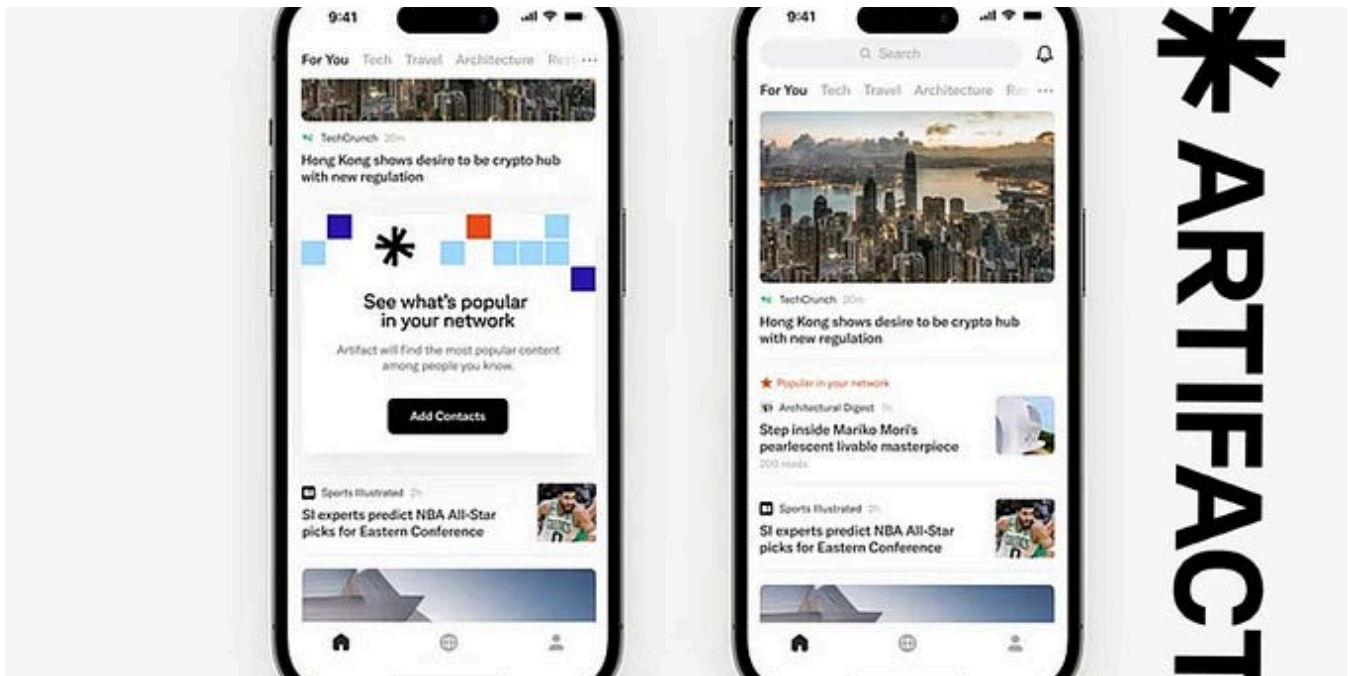
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


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 Gowtham Oleti

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