

YOGA

Yoga darsana (Yoga philosophy) is one of the six Indian philosophical systems. Patanjali's 'ashtanga-yoga' (eight-step yoga) is the basis for the yoga that is practiced today in many parts of the world. Originally practiced almost exclusively in India only, yoga presently is very popular in many parts of the world. In U. S. alone, it is estimated that over 10 million people practice yoga on a daily basis. Yogananda Paramahansa, Maharshi Mahesh Yogi, B. K. S. Iyengar, Pattabiraman and others did contribute significantly in promoting yoga to the West. Hatha Yoga Pradeepika (Manual of Hatha Yoga) is widely used as the source book by many yoga practitioners.

The word 'Yoga' is derived from the Sanskrit word 'yuj' (meaning to unite) and serves one to unite one's self (the Individual Self) with the Cosmic Self (The Absolute or Paramatman). This is a holistic science involving the body (the physical), prana (breathing), mind (mental), intellect (vijñana) and the bliss (atman) kosas (or sheaths) of the 'pancha kosa' (or five sheaths) of the human personality defined by our ancient masters. The ashtanga yoga of Patanjali consists of the eight steps - Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi (see the detailed discussion under Chapter 1 of the Upanishads elsewhere in the website).

The SVYASA (Swami Vivekananda Yoga Anusandhana Samsthana) organization in Bangalore, India is a pioneer in yoga research and yoga therapy. Dr. Nagendra, the Director, Mr. N. V. Raghuram and others are fully involved in promoting yoga research and yoga therapy at SVYASA. Mr. Kallur Chakrapani is a yoga instructor at SVYASA-LA (Los Angeles Chapter). For further information about SVYASA, please visit their website 'www.svyasa.org'

Variously practiced under Hatha Yoga, Raja Yoga and other names, yoga is widely practiced in many countries in the world. In the US, yoga is practiced primarily thru Asanaas, Pranayama & Meditation. However, yoga is more than all of these and is a complete science combining physical exercise, pranic, mental, intellectual and bliss aspects including spirituality. The yoga promoted by SVYASA is fully validated by research at its yoga research centers. The lectures and practices conducted by Mr. Kallur Chakrapani, yoga instructor and public relations officer for SVYASA-LA, and Dr. R. Narayanaswami during a 4-Sunday class on yoga and Surya Namaskar in July/August 2009 in Westlake Village, CA is based on the yoga practices approved by SVYASA. Mr. Chakrapani provided the lecture and practice sessions on yoga. The lecture and practice of Surya Namaskar, with mantra, were provided by Dr. R. Narayanaswami. These notes serve to supplement the class discussions and practice sessions (see Yoga Practice - Module 1 and Yoga Practice - Module 2 in pages 5 thru 8) during the 4-week session.

How does Yoga differ from other forms of exercise, such as jogging, aerobics, cycling, tennis or nautilus-type workouts?

Most forms of exercise involve a limited range of repetitive movements. As a result, some muscles and joints get a lot of work, while others are not worked enough. These imbalances pull the body out of alignment, causing a loss of efficient functioning of the whole system. For those who do these exercises, yoga is a healthy complement, enhancing their athletic experience. Yoga emphasises the balanced development of strength, stamina and flexibility, and matches outer movement with inner awareness. Yoga students learn to identify and relax tension in their bodies so they do not tire as easily. They learn to pay attention to the condition of their nerves, glands and organs, as well as to the musculo-skeletal system. They learn how to honor, rather than abuse, their bodies.

What are the benefits of doing yoga over other forms of exercise?

Yoga helps you to:

Improve posture, support and nourish vital organs, boost the immune system, calm and balance the nervous system, encourage balance and harmony in the glands of the body, become more flexible in body and in life, radiate your innate beauty, clears the cobwebs in the brain, reduces stress, connects one to the Infinite, lose weight, balance hormones, age gracefully, transform from the inside out, connect to the world in a compassionate manner.

Difference between Physical Exercises and Yogasans

Body Exercises	Yogasans
The body becomes stiff due to unnatural pressure.	The body becomes elastic.
Glands are not evenly influenced.	The glands secrete their juices in regulated manner.
The waste matter is not dispelled by the arteries completely.	The entire waste matter is excreted by the arteries.
Breathing activity becomes erratic.	Owing to the control over the breathing activity, we reap many benefits of inhalation and exhalation at the physical and mental level. Moreover our lungs become strong.
Outward muscles are exercised.	Internal organs are as much influenced as the external.
Very often, our digestive system becomes weak because the supply of blood does not reach those parts of the body due to the brisk activity in other parts.	The regular blood circulation in our entire body systematized the digestive system in total.
It is only the physical body that is influenced.	The astral body is influenced along with the physical. More importantly one gains control over the mind.
There is a possibility of an awkward development of the body.	The all round body development in a regulated manner enhances our beauty and health. The body becomes sound and comely and face lustrous.
One does not develop any kind of seminal control.	The practice of Asans results in the preservation of semen and its upward movement.
The physical exercises can never ensure a complete cure of diseases.	Ailments dare not come near and longevity is a natural consequence.

Intellectual development that sublimates human life can never be possible.	Yogasans are instrumental in the development of such invaluable virtues as tolerance, steadfastness, self-restraint and self-confidence.
Lack of concentration and proper judgment in practical life.	Concentration and introversion reform practical life. Positive thoughts replace the negative ones.
Physical exercises causes fatigue.	Asanas relieve the fatigue and make the body light and active.
Both time and our vital energy are wasted away.	Lesser energy is spent in lesser time. As a result not only more benefits are reaped and vital energy is also well preserved.
Weak and old people are incapable of doing every kind of exercise.	The weak and old also can perform asans with the permission of and in consultation with a specialist. Every person belonging to any age-group from the age 5 to old age can practice yogasan.
Open space and many things and gadgets are necessary.	Only a little space as much as the length of a practican is needed. There is hardly any need of any of other kind of paraphernalia.
Sport and exercises cannot be possible in journey.	Yogasan can be performed even while travelling.

YOGA PRACTICE - MODULE 1
(Approximate Time 1Hr 45 Mins)

1 Sit in a comfortable position - Relax and smile

2 Namaskara Mudra - Folding Hands

3 Om Chanting

4 Opening Prayer - Sahana.....

BREATHING PRACTICES

Sitting down Position

5 Lower Lobe-Abdomen- Chin Mudra 2 to 3 times

6 Middle section- Chest - Chin maya Mudra 2 to 3 times

7 Top section - All up - Adi Mudra 2 to 3 times

Standing up position

8 Hands in and out breathing 2 to 3 times

9 Hands up and down breathing 2 to 3 times

10 Bend- backward and forward breathing 2 to 3 times

11 Twist with stretched arm -left & right breathing 2 to 3 times

12 Neck Rotation Left and right 2 to 3 times

13 Right Toes - up, down, rotate Left & right 2 to 3 times

14 Left Toes - up, down, rotate Left & right 2 to 3 times

15 Lift right leg and rotate knees Left & right 2 to 3 times

16 Lift left leg and rotate knees Left & right 2 to 3 times

17 Both arms forward - Rotate palms, left and right 2 to 3 times

YOGA WALK/JOGGING (5 to 10 Mins.)

18 Relax - Inhale through Nose exhale through mouth - Mukha Douthi 2 to 3 times

19	Loosening Practices bend forward and back, twist left and right	2 to 3 times
Lying down position - Face up		
20	Quick Relaxation Technique (QRT)	5 Mins.
21	Raise left leg - rotate clock wise and anti clock	2 to 3 times
22	Raise right leg - rotate clock wise and anti clock	2 to 3 times
Lying down position - Face down		
23	Arms crossed- face, chin, chest up and down breathing	2 to 3 times
24	Bhujang Asana	1 time
25	Parvath Asana	1 time
26	Sashank Asana	1 time
27	Vajrasana	1 time
28	Surya namaskar	24 times
29	Deep Relaxation Technique (DRT)	10 Mins.
30	Alternative Nostril Breathing	2 to 3 times
31	Om Chanting	1 time
32	Closing Prayer - Sarve	

YOGA PRACTICE - MODULE 2
(Approximate Time 1Hr 45 Mins)

1	Sit in a comfortable position - Relax and smile
2	Namaskara Mudra - Folding Hands
3	Om Chanting
4	Opening Prayer - Sahana.....

BREATHING PRACTICES

Sitting down Position

5	Lower Lobe-Abdomen- Chin Mudra	2 to 3 times
6	Middle section- Chest - Chin maya Mudra	2 to 3 times
7	Top section - All up - Adi Mudra	2 to 3 times
8	Relax in sitting down position	
9	Butterfly and massage	
10	Toes - up and down breathing	2 Mins.
11	Toes - up and down breathing	2 to 3 times
12	Toes - rotation clock wise and anti-clockwise	2 to 3 times
13	Knees up and down	2 to 3 times
14	Knee rotation - breathing	2 to 3 times
15	Hands in and out breathing	2 to 3 times
16	Shoulder rotation	2 to 3 times
17	Shashank Asana breathing	2 to 3 times

Lying Down Position - Facing Up

18	Instant Relaxation Technique	1 Min.
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19	Alternate leg raising - up and down	2 to 3 times
20	Alternate leg rotation - clockwise and anti clockwise	2 to 3 times
21	Twisting - left and right	2 to 3 times
22	Knee bending	2 to 3 times
Lying Down Position - Facing Down		
23	Arms crossed - face, chin, chest up and down breathing	2 to 3 times
24	Sarpasana (Cobra) breathing	2 to 3 times
25	Dhanur Asana breathing	2 to 3 times
26	Bhujang Asana	
27	Parvath Asana	
28	Sashank Asana	
29	Vajrasana	
Standing up position		
30	Neck Rotation Left and right	1 time
YOGA WALK/JOGGING		
31	Relax - Inhale through Nose exhale through mouth - Mukha Douthi	
32	Loosening Practices bend forward and back, twist left and right	
33	Quick Relaxation Technique (QRT)	2 Mins.
34	Surya Namaskar	24
35	Deep Relaxation Technique (DRT)	10 Mins.
36	Alternative Nostril Breathing	
37	Om Chanting	
38	Closing Prayer - Sarve.....	