

CHAPTER 5 - YOGA

Meaning

The term yoga is derived from a Sanskrit word 'Yuj' which means join or union. In fact, joining the individual self with the divine or universal spirit is called yoga. It is a science of development of man's Consciousness.

Patanjali - "Checking the impulse of mind is yoga".

Maharishi Ved Vyas - "Yoga is attaining the pose".

In Bhagwat Gita, Lord Krishna says, "Skill in action or efficiency alone is yoga.

Importance of Yoga:-

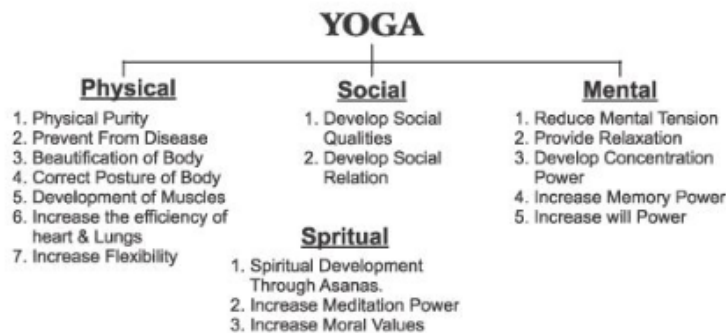
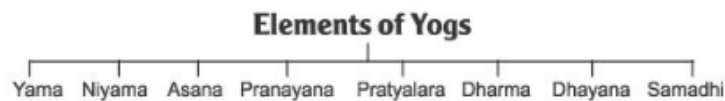


Fig: Classification of yoga

Elements of Yoga

The main aim of yoga is control over the mind. This is Possible only follow the eightfold Paths or eight steps also known as "Ashtanga Yoga". This system was Developed by Maharishi Patanjali.



Introduction to Asanas, Pranayam, meditation & yogic Kriyas

Asana:- According to Patanjali Means "Sthiram Sukyas Asanam" i.e. that possible which is comfortable and steady."

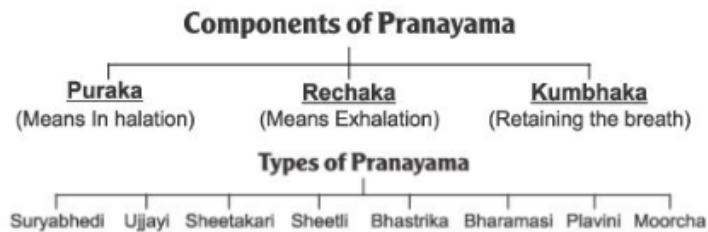
Pranayama:- The word Pranayama is comprised of two words "Prana Plus Ayama" Prana means life force and Ayoma means control. In this way, pranayama means "The control or regulation of Prana"

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Meditation

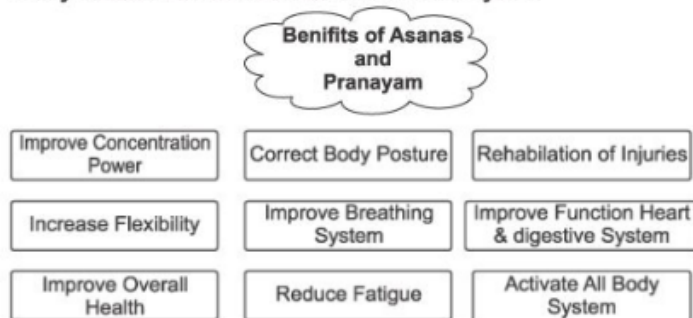
Dhyana is a process of Complete Constancy of Mind. It is a prior stage of samadhi.

Yogic Kriya/Shudhi Kriya

Yogic Kriya one Cleansing techniques that cleanse Various internal as well as external organs of the body. There are six yogic kriyas also known as "Shatkarmas".



Body Related Benifits of Asanas and Pranayama



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Yoga for Concentration and Related Asanas (Sukhasana, Tadasana, Padmasana, and Shashankasana)

We all know about the amazing health benefits of Yoga, but the greatest thing amongst all is that Yoga works on changing our internal make-up.

According to a recent study conducted at the University of Illinois at Urbana Champaign, practicing Yoga daily for 20 minutes can improve brain function and actually focus better on the task at hand.

TADASANA (MOUNTAIN POSE)

This asana is like the base or the mother of all asanas, from within the other asanas emerge. Tadasana increases the levels of oxygen in the spinal cord and frontal part of the brain”.

It improves concentration and boosts energy.

The word ‘Tada’ has come to form the Sanskrit word, which means is ‘palm tree’ or another meaning is mountain and meaning of asana is posture or ‘seal’ so this asana is called Tadasana. Tadasana is the beginning and ending asana of Surga Namaskar according to Ashtanga Yoga.

This is the best exercise to increase height.

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Bhramari pranayama



Fig: Bhramari Pranayama

SUKHASANA

Sukhasana or the easy sitting pose is one of the simplest poses for meditation suited for all beginners. Sukhasana comes from the Sanskrit word 'Sukham' which can mean 'comfort', 'easy', 'joyful', 'pleasure', etc. Sukhasana can be done by all age groups.

SUKHASANA

THE EASY SITTING POSE

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Relaxation Technique for Improving Concentration (Yog-Nidra)

A yoga routine provides deep restoration to your body and the mind. And to make your practice more effective, it's ideal to end your yoga sequence with Yoga Nidra (yogic sleep). In yoga Nidra, we consciously take our attention to different parts of the body and relaxes them.

Simply described as effortless relaxation, yoga Nidra is an essential end to any yoga pose sequence. Yoga postures 'warm-up' the body; yoga Nidra 'cools it down'.

Yoga practices increase energy levels in the body.

Yoga Nidra helps conserve and consolidate this energy and relax the entire system, preparing it for pranayama and meditation. It is, therefore, important to keep aside sufficient time for yoga Nidra after yoga postures

Relax With Yoga Nidra - As Restorative As Sleep

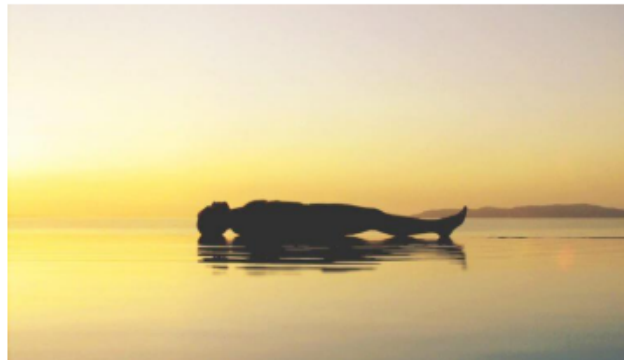


Fig: Yoga Nidra

Shashankasana

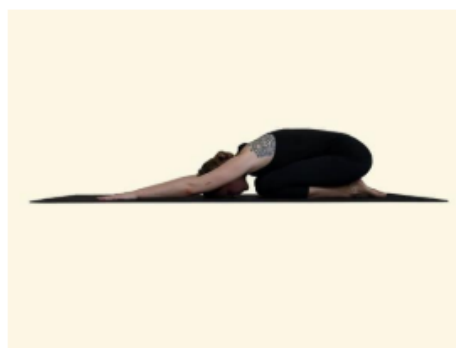


Fig: Shashankasana

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The Sanskrit name for Hare pose is Shashankasana. The meaning of 'Shashank' is the moon. Shashank itself is made up of two words 'shash' meaning 'hare', and 'ank' meaning 'lap'.

The Shashankasana pose is said to benefit the practitioner by helping in calming the nerves and providing a feeling of tranquillity. The Shashank pose is similar to a sitting hare, from which it derives its name.

PADMASANA (LOTUS POSE)

Padmasana (Lotus Pose)

The word Padmasana is a Sanskrit word which means "lotus flower" so it's also known as the "Lotus pose". It is so-called because of the lotus-like formation which is made by our legs during this asana. Another name of Padmasana is "kamalasan". The word Kamal is a Hindi word which means a lotus flower. It is a yogic exercise in which one crosses the legs while maintaining a straight posture. It is an important position for meditation.

