



Yoga
For A Healthy Lifestyle



SPECIAL REPORT

***Say Goodbye to Ill- Health
& Re-model your *Lifestyle with Yoga*
Tips and Techniques!!!***

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Introduction

It is only you, yourself who can liberate yourself from sorrow and dejection!

Yoga is an ancient form of exercise which was evolved thousands of years back in the Indian continent and is being practiced continuously since then. Yoga is about exercises and the power of meditation to heal a human mind, body, and soul. It brings a person in good shape and helps him to rid of diseases and disabilities. Meditation leads to Relaxation of mind and body.

Through this book, we have tried to bring to front the important principles, norms, and rules of practicing Yoga. It is necessary to note that “Yoga is not just about exercises and asanas.” In fact, it is much more beyond that which you will know reading this course. The origins of Yoga have been speculated to date back to pre-Vedic Indian traditions, but today Yoga is practiced worldwide. It is an ancient physical, mental and spiritual practice that originated in India and is now practiced in various forms globally.

This course covers the vast and immense subject of Yoga and its historical roots- the source and origin of it all. Reason - it is mandatory to know the history of things which we are planning to practice or implement in our daily lives. It also deals with the Science of Yoga which defines it and the spirit of Yoga which is extremely powerful for our Physical and Mental Health, our self-realization powers which define us as a whole – a universal power.

People mistakenly believe that Yoga is a form of exercise that includes stretching and folding of body parts but the truth is that Yoga is a way of life or an Art of living through the mental, spiritual and physical path. This book will also unfold various myths about Yoga, one of which is stated above. It’s all about establishing a powerful connection between your mind and body using various types of Yoga. It entails various body postures when it comes to asanas and physical exercises. And with the involvement of physical body, it becomes significant to take utmost care while performing these asanas. Hence we have also brought a detailed explanation and description of these Yoga postures, along with their Do’s and Dont’s, especially for you.

Well, as stated above, Yoga is incomplete without meditation. It helps us to develop a bond with our inner-self and establish a connection with God using the spiritual path. Using this training, you will most definitely learn the path leading to the supreme knowledge and eternal bliss by uniting your inner-self with the universal self. It also covers the types of meditations and its health benefits.

Yoga is also effective in curing various common illnesses that people face in daily lives. With the expansion of cities and countries, our daily lives have become quite busy, dull and over-occupied. There is no liveliness and this commonly is leading to

depression and loneliness among all the age-groups, including the teenagers. Practicing Yoga regularly kills depression and other mental sicknesses. It reduces anxiety and provides a healthy work-life balance by providing different therapies for each one of the illnesses as covered in our Exclusive training.

So, get started and read all that change you for your better!!!



Chapter 1

What is Yoga and what are
its Historical Roots?



What is Yoga?

There are several questions bloating around Yoga often. What is it exactly? A religion, an exercise form, a philosophy...what?

Well, Yoga is derived from Sanskrit word 'Yuj' which means the union of the individual consciousness or soul with the Universal Consciousness or Spirit. The literal meaning of "Yoga" is Union. Union means it pulls you out in the ultimate reality, where individual demonstrations of life are surface bubbles in the process of creation. It is a complete path in itself, nothing less.

The word Yoga is something that brings you out into the reality. The reality very simple, very unique and very impressive – understanding the fact that all the creatures have emerged from the same soil, same earth, same level. Understanding that it is just one earth, the same earth for all of us! The union of the individual consciousness or soul with the Universal Consciousness or Spirit is Yoga. It is the emotional integration and spiritual elevation with a touch of a mystic element, which gives you a glimpse of something beyond all imagination.

Yoga is a 5000-year old Indian body of knowledge. It is primarily a spiritual discipline of uniting your little ego-self with the divine self, the infinite spirit, the superpower, the God. People confuse Yoga with 'Hatha Yoga' which is a system of bodily postures. But it is not! Instead, Yoga focuses on self-realization and synchronizing the human consciousness with the divine consciousness.

Yoga is a combination of several forms of disciplines and practices which were originated in ancient India. These disciplines are of physical, mental and spiritual forms.

- **Yoga is a Union of Mind, Body, and Soul**

Yoga refers to a Union as a philosophy or a concept that you imbibe. It is a union of your body with your mind, of your inner self, or ego-self with the universal self. It means uniting your individual awareness, your soul with the Universal awareness or the infinite spirit. It is a concept to understand that all creatures are evolved from the same planet, the Earth. May it be a human body, or a dog, or a tree, everything has popped up from the same Earth. It is to believe in the feeling of oneness that is ultimately connected to the omnipotent power, the God.

- **Yoga is an Art and a Science**

Yoga is both an Art and a Science. It is an Art because it needs to be practiced with great intuition and sensitivity to get immediate and permanent results, failing which it will only get you superficial peace and temporary healing. Yoga is a Science because it involves the study and practice of controlling the body and the mind, referred to as Meditation. It also involves the healing of body as

- **Yoga denotes Physical and Spiritual Well-being of oneself**

Everybody is well aware of the fact that Yoga is about “asanas” and “pranayama” which are two aspects of Yoga which have become popular for their practical value. Your physical body is a reflection of who you are inside. Yoga exercises your body holistically and caters all aspects of your physical, social and psychological needs. You can improve your health while boosting your energy levels and vitality by practicing Yoga. The pranayamas not only tone your muscles and postures, but it also helps to attain a strong and lean body. It improves concentration levels and your power to focus.



Apart from the above physical benefits, Yoga by itself is a concept that is much deeper. It transforms you a person that is a spiritual personality on the whole. Your spiritual body is your connection to energy. And it is important for everyone to explore what they believe in their own sense of meaning and purpose. The path to spiritual wellness involves meditation, and other spiritual practices to establish a connection with the higher and the divine power. Yoga helps in to inculcate this feeling.

- **Yoga is a Stress Buster**



Today in this fast pacing world, 9 out of 10 people are dealing with the problem of stress – physical, mental or emotional, which wears on their health. Stress is something which is not immediately visible but eventually takes a tremendous toll on your health. The main cause of stress is our needs and desires which are not met due to some reason or the other. And in such cases, a daily routine of exercises, breathing and meditation can create wonders for you to reduce the stress levels in your body and bring you into a state of stillness. It clears your mind and makes you feel relaxed and peaceful.

True to its name, Yoga which means to “unite” brings together your body, mind, and soul to a state of oneness. This is very helpful when you are in the state of extreme anxiety, stress or any kind of a pressure. Yoga brings together physical and mental disciplines that may help you achieve peacefulness of body and mind. This can help you relax and manage stress and anxiety.

Historical Roots of Yoga

In the hierarchy of Vedic knowledge, there are four Vedas - *Rigveda*, *Samveda*, *Yajurveda* and *Atharvaveda*. These are followed by four *upvedas* or sub-vedas – *Ayurveda*, *Arthaveda*, *Dhanurveda*, and *Gandharvaveda*. Further down the line are six *upangas* or components – *Shiksha*, *Kalpa*, *Vyakarana*, *Nirukta*, *Chandas*, and *Jyotisha*. These are further classified into six sub-components – *Nyaya*, *Vaisheshika*, *Sankhya*, *Mimansa*, *Vedanta*, and *Yoga*.



Being widely considered as an 'immortal cultural outcome' of Indus Saraswati Valley civilization – dating back to 2700 B.C., Yoga has proved itself catering to both material and spiritual upliftment of humanity. The practice of Yoga is believed to have started with the very dawn of civilization. The science of Yoga has its origin thousands of years ago, long before the first religions or belief systems were born. In the yogic lore, Shiva is seen as the first yogi or Adiyogi, and the first Guru or Adi Guru.

Thousands of years ago, on the banks of the lake Kantisarovar in the Himalayas, Adiyogi, or Shiva, poured his profound knowledge into the legendary Saptarishis or "seven sages".

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Chapter 2

The Science and Spirit of Yoga



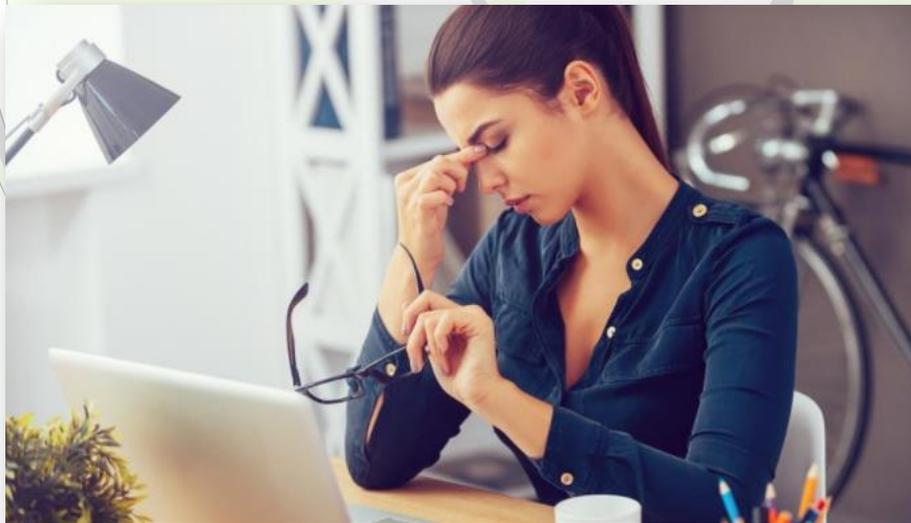
Science of Yoga

Yoga is a spiritual discipline dating back to some 5000 years in the history of Indian philosophy, its purpose, mainly to unleash spiritual and mental powers of an individual. However, in recent times Yoga has been extremely popular in the context of fighting stress, anxiety, and depression in these times of industrialization and our fast pacing lifestyles.

Yoga is used in medical practices to treat conditions such as multiple sclerosis, arthritis, and others. Many recent studies show the amazing effects Yoga has on the brain, central nervous system, and the immune system. Yoga is also understood to be a body of knowledge handed down through millennia from Guru to Chela. This has been gained through intense, systematic, introverted investigation into the workings of the human mind in search for the sense of existence.

Science behind Yoga and Stress

Stress has become a part of life and a way of living a life. It has completely blended into our lifestyles and our blood. Waking up to a morning full of emails, reminders and phone calls to ending your day, with reverting back to emails from your bosses or colleagues, our days have been full of stress and anxiety. In such situations, it becomes very important for a human being to find out some time to relax and heal their body and soul.



In recent times, Yoga has been extremely popular in the context of fighting stress, anxiety, and depression in these times of industrialization and our super-fast lifestyles. The neuroscience behind Yoga can help explain why regular Yoga is so effective in reducing stress and creating balance in the body. It can also help you deepen your Yoga practice and increase focus on elements that you might otherwise

overlook. The stress response and 'relaxing' signals travel through the body along a particular route and parts of this route have little 'switches' which we can physically manipulate to turn the signals on or off.

Apart from the spiritual aspects, the physiological benefits acquired from Yoga have recently had radical scientific understandings behind its workings. It is also moderate the surge and the production of chemicals in the body that affects us mentally, physically as well as psychosomatically. So, let's understand the science behind yoga that makes it so useful!

1. Reduces Stress Hormones

When our body gets severely stressed, it secretes a hormone called **cortisol** which keeps us alert in critical situations. But in the long run, it also disturbs the body functioning. Yoga reduces the stress level of a person, thus moderating the production of the cortisol hormone and thereby keeping the individual calm.

2. Secretes Antioxidant Enzymes

Repeated exposure to environmental pollutants and metabolic by-products result in the formation of free radicals, which contribute to various diseases including cancer and expedite the aging process. To counteract free radicals, the human body has a powerful internal defense system in the form of antioxidant enzymes. The levels of antioxidant enzymes were found to be significantly higher in people practicing yoga, thus enhancing the defense against free radical damage.

3. Stimulates Parasympathetic Nervous System

The parasympathetic nervous system is one of three divisions of the autonomic nervous system which conserves the energy by slowing the heart rate and increasing the intestinal and gland activity. It also relaxes the sphincter muscles in the gastrointestinal tract.



Yoga stimulates this parasympathetic nervous system, which calms us down and restores balance after a major stress is over. When the parasympathetic nervous system switches on, blood is directed toward endocrine glands, digestive organs, and other body organs, thus reducing the heart-beat rate and lowering the blood pressure.

4. Improves Immunity

This is additional to the fact that Yoga reduces cortisol hormone. Too much of cortisol can dampen the effectiveness of the immune system by immobilizing our defense system in the body (WBC). Yoga moderates the production of cortisol, thus boosting immunity.

5. Cures Addiction

Dopamine, a chemical in the brain that gives contentment during a high on one's drug of choice is generated naturally by doing Yoga. Thus, the craving for that level of contentment from addiction is no longer manifested. Yoga can give you the same level of dopamine high or contentment, thus cutting out the craving for drug addiction.

6. Enlarges the Brain



It has been discovered that people practicing Yoga have more brain cells than the non-practitioners. It was found that with more hours of practice per week, certain areas of the brain were more enlarged – a finding that truly explains that Yoga is a contributing factor to the bigger brain size. People practicing Yoga have larger brain volume in the regions that contain the mental mapping of our body, involved in directing attention, critical to dampening stress, and areas key to our concept of the self.

7. Helps to Stay in the Present

Yoga makes one attentive to the present moment and gives more awareness towards negative thoughts. It provides you the ability to let go of the negativity inside your brain and mind and lets you focus on self-preservation. Yoga helps you to dissolve the past happenings which bother or worry you in any way and helps you to completely focus on your present and the current happenings.

It is important to remember that Yoga has no governing body. There's no hierarchy of officials or organizations meant to ensure purity and adherence to agreed-upon sets of facts and poses, rules and procedures, outcomes and benefits. It's not like a religion or modern medicine, where rigorous schooling, licensing, and boards seek to produce a high degree of conformity. Instead, it's a free-for-all—and always has been.

The art and science of Yoga have infinite possibilities for providing answers to most health problems troubling modern humankind. However, we often misunderstand this science and want it to be a miracle pill. A pill that we take only once, and want all the problems to vanish into thin air! Yoga is a holistic science and must be learned

and practiced with a holistic view. Yoga gives frames for the new understanding and new approach to the perception of the human health.

Spirit of Yoga – The Soul

Yoga is a holistic technology that balances mind, spirit, and body and is central to Indian health practice. Regular practice of Yoga helps to restore balance by helping to strengthen our body, calm our mind, regain our focus and improve self-confidence. It is a secret to better health and a greater sense of happiness.

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Chapter 3

How is Yoga Beneficial
for your Health?



Workout freaks come and go, but virtually no other exercise program is as enduring as Yoga. Yoga does more than burn calories and tone muscles. It's a total mind-body workout that combines strengthening and stretching poses with deep breathing and meditation or relaxation.

Every Yoga asana (pose) has a different name and includes standing postures, seated twists, backbends, arm balances, inversions, and core holds. The downward facing dog, for example, is in itself said to calm the brain, energize the body, improve digestion, strengthen arms and legs and be therapeutic for high blood pressure. Whilst these benefits come as a given with most postures, the practice of yoga as a whole provides many more benefits than you might think!

Benefits of Practicing Yoga

Through this guide, we have been touting Yoga's mental, spiritual and physical powers. So, fortunately, you don't have to be an expert to reap the benefits – adding just a few quick exercises to your daily routine can help you improve your health, stay fit and be at peace.

How does Yoga benefit your Mental and Spiritual Health?

1. Gives you inner strength

As quoted by a very famous personality Sri Sri Ravi Shankar -

“When you have inner peace, then you automatically succeed in what you do. The more silent you are from inside, the more powerful your thoughts and actions become.”

Lately, we have been so much caught up in the fast pacing modern lifestyle that we have distanced ourselves from nature and all the other positive energies around us. And this takes a huge toll on our mind. It is the need of the hour to relieve our mind which has been full of negativity. And nothing can cure this problem but Yoga and Meditation. Yoga is a soothing strategy invented to help those who suffer, by including special techniques for healing. It calms our mind and helps us to find enlightenment. Meditation is also one of the ways to take deep rest and be vigilant at the same time. It helps us to connect with our inner-self and attain peace.

Yoga and meditation is an art that one must learn with precision to make the strategy work proper and enjoy healing that leads to inner peace. Once the person practices with the goal in mind to heal, the inner peace follows.

2. Eases your emotional pain

Yoga helps you to ease your mental and emotional pain caused due to various reasons like some hardships made in life, detachment with any near or dear

one, the death of somebody close to you or any other emotional sensation which has made you weak and broken you deep inside.



Yoga releases emotional blockages by removing the emotional toxicity stored in your body. Just as changing thought patterns can influence the body, changing the position of your body can influence the mind and facilitate emotional release. Yoga poses, breathing practices, and meditation release the construction and free the flow of the vital life-force energy.

3. Builds self-confidence and increases self-esteem

Nobody can deny the fact that true confidence emerges from within. Without self-confidence, we lack the initiative to perform extraordinary things for ourselves. And, we let fear take over and conquer us.

The acknowledgment of one's true self and what makes us each unique is what leads to confidence, and one great way to get more in tune with the real you, is through the practice of Yoga. It boosts a person's self-confidence, makes him feel stronger, capable and graceful within his body thereby building a stronger self-esteem. Practicing Yoga regularly is ideal and helpful to reap the inner self-confidence and nurture self-esteem.

4. Gives you peace of mind

Yoga is ideal to squash and put the fluctuations of the mind to rest. It helps you to develop an intimacy with your body and your thoughts, with what pulls you out of a sense of peace and contentment. Yoga slows down the mental loops of frustration, regret...

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Chapter 4

How to Establish Mind-Body Connection with Yoga?



Essentially, the entire purpose of Yoga is to unite the body, mind, and soul. According to the National Center for Complementary and Alternative Medicine, “Yoga is a mind and body practice with origins in ancient Indian philosophy. The various styles of Yoga typically combine physical postures, breathing techniques, and meditation or relaxation.” Those of us who practice Yoga on a regular basis can attest to its ability to provide mental clarity in conjunction with physical strength. The goal of any human activity is to achieve a state of perfect understanding, clarity, and renewed strength that can be achieved only from a strong mind-body connection. And, the body and the mind are in a state of constant interaction.

There is a unique connection between your mind and body. Your thoughts affect your body and fitness. When you feel stressed or anxious, your body responds to those feelings by increasing your heart rate and increase the level of a hormone cortisol in your body. When you practice strengthening that connection, you can change how your mind affects your body. Yoga primarily focuses on building a connection between your mind and body.

Yoga is a powerful practice that enhances your mind-body integration. Through conscious breathing, movement, and attention to the physical postures, you cultivate a state of body-centered restful awareness. You listen to the signals that your body is sending to you in the present moment and you expand the energy in your body through your attention and intention. It transforms your body into the one that responds with greater strength, vitality, and health.



The science of Yoga does not dictate where the body ends and the mind begins but approaches both as a single, integrated entity. The key is to integrate the two together, to the union, thus the term Yoga. The purpose of Yoga is to create a balance between the mind and body.

How to stabilize your Mind and improve mental health?

Through our product, we have brought you some simple ways to stabilize your mind, be optimistic and thus improve your health:



1. Try to reflect and manifest your emotions and understand the causes that trigger negativity within you.
2. Sort out the causes leading to such emotions and negative thoughts.
3. Try to express your feelings in a harmonious way and make changes to your lifestyle to improve your mental health.
4. Live a balanced, joyous and an amiable life.
5. Focus on the positive things around you and the people who are accountable for those positive things around you.
6. Free yourself. Laugh freely, and spend more time with the people in your life that matter most. That's freedom and that's freeing yourself.

7. Let go of the events, things or people in your life that pressurize or stress you.
8. Create a place of joy at home and your workplace both.
9. Calm your mind and body and talk to yourself while you are in a good or a bad mood. It will help you to vocalize your thoughts to yourself and to others, if needed.
10. Exercise your brain just like you exercise your physical body using mental exercises.
11. Practice patience! Whether it is Yoga or anything else in life, you need to be patient. Things do not take turn in a single day, you need to wait, watch and work. All the three need patience.

How to strengthen your mind-body connection?

There are a few ways which you need to implement in your daily lifestyle, if you are keen to strengthen the bonds and connections between your mind and body...

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Chapter 5

Different Types of Yoga



Yoga isn't necessarily a 'one-size-fits-all' practice. Many different kinds of Yoga exist and it can be difficult to figure out which particular style is right for you. Most styles of Yoga are based on the same basic Yoga poses (called asanas) however the experience of one style can be radically different than another. No matter what style of Yoga you choose to do, you will likely see improvements in many areas of your health.

What are the different types of Yoga?

Yoga is abundantly full of varieties. Just as you step in an ice-cream parlor, you see different flavors of ice-creams shelved and arranged beautifully in there, and you want to taste out every flavor that you see, but you can't. Or, even if you do taste them all, you might not like each of those flavors. The reason is simple - you love only certain flavors as your taste buds like only certain tastes and dislike the others. Similarly, with Yoga, you know you have a variety of styles available to learn, practice and follow but not all of those styles might be apt and suitable for your body. So, first, you need to know which Yoga style involves which kind of activities, needs, and advantages. So before you practice, learn about them and know which one is best for you.

1. Hatha Yoga

Hatha is a general category of Yoga that includes mostly all the styles. It is an old system that includes the practice of *asanas* (yoga postures) and *pranayama* (breathing exercises), which help bring peace to the mind and body, preparing the body for deeper spiritual practices such as meditation.



The term Hatha Yoga has been commonly used to describe the practice of asana (postures). The syllable '**ha**' denotes the pranic (vital) force governing the physical body and '**tha**' denotes the chitta (mental) force thus making Hatha Yoga a catalyst to awaken the two energies that govern our lives. It harmonizes and purifies the body systems and focuses the mind in preparation for more advanced sessions. Hatha is also defined as the gentlest form of Yoga. It is the science of using the body to prepare oneself for the ultimate possibility.

Best For: This type of Yoga is best for Beginners, because of its slower pace. Hatha is preferable if you're just starting your Yoga practice.

2. Vinyasa Yoga



Vinyasa, typically pronounced as “Vin-yah-sah” essentially means movement synchronized with breath and is a vigorous Yoga style based on a rapid flow through sun salutations. Vinyasa Yoga is known for its fluid, movement-intensive practice which drives the intention to link breath to movement. If you hate routine and love to test your physical limits, Vinyasa may be just your ‘cup of tea’.

Best For: This type of Yoga is best for the intense exercisers who enjoy a faster pace. Runners and endurance athletes are also drawn to Vinyasa Yoga because of the continuous movement involved in it.

3. Ashtanga Yoga



Ashtanga is based on ancient Yoga teachings, but it was popularized and brought to the West eventually. Ashtanga is a rigorous style of Yoga that follows a specific sequence of postures and is similar to Vinyasa Yoga, as each style links every movement to a breath. The difference is that Ashtanga always performs the exact same poses in the exact same order. While practicing Ashtanga Yoga, there is a series – a set of sequence of asanas, always performed in the same order. There are six series in total, increasing in difficulty as you move from the primary to the secondary series and then on to the next. You tend to move on rapidly, flowing from one pose to the next with each inhale and exhale.

Best For: This type of Yoga is best for the Type-A folks. So, basically, if you're a perfectionist, you'll like Ashtanga's routine and strict guidelines.

4. Bikram Yoga



Bikram Yoga, named after Bikram Choudhury, is carried out in artificially heated rooms with the temperature maintained up to 105°F (40.6°C), with a humidity of 40%. You can be certain that you will sweat; the room is hot and the Yoga session will challenge you both physically and mentally. This form of hot yoga is meant to flush toxins, manage weight and allow people to move more deeply into poses. Bikram Yoga is a series of 26 basic Yoga postures and 2 breathing exercises, each performed twice.

Best For: This type of Yoga is best for people who gravitate towards a set routine. Even the newbies to Yoga might like this form of Yoga due to its predictable sequence of exercises.

5. Iyengar Yoga



Iyengar Yoga, developed and popularized by B.K.S. Iyengar, is a very meticulous style of Yoga, with utmost attention paid to finding the proper alignment in a pose. In this type of Yoga...

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Chapter 6

Yoga Postures - Do's and Don't



Yoga is a system- a holistic system of refining the body, the mind, and the spirit in unison. Ultimately, it is well-being, peace, and bliss. Yoga postures help strengthen the endocrine system and also bring the emotions under control through concentration and relaxation. Hence, it is essential to learn Yoga postures correctly, in order to practice them comfortably without injuring your body in any way.

It's not easy to narrow everything down since there are over 300 positions in the physical yoga (asana) practice, but we have tried to bring for you the obligatory and the needful poses that can start you off on the right path.

However, it is important to note that you don't have to be able to do all these poses exactly as mentioned – ALWAYS listen to your body and modify the pose as per your convenience, if needed.

Yoga Postures: Do's and Don'ts

1. Mountain Pose



The Mountain pose is the foundation of all the standing poses of Yoga which makes a great a starting position, resting pose, and a tool to improve posture. It gives you a sense of grounding into your feet and lets you feel the ground beneath your feet. For beginners, it may just seem to look like a normal standing exercise but it has a lot of strings attached.

Do's:

1. Stand with your feet together and your arms at your sides. Press your weight evenly across the balls and arches of your feet.

2. Engage your quadriceps to lift your kneecaps and lift up through the inner thighs.
3. Draw your abdominals in and up as you lift your chest and press the tops of the shoulders down.
4. Feel your shoulder blades coming towards each other and open your chest, but keep your palms facing inwards towards the body.
5. Imagine a string drawing the crown of the head up to the ceiling and breathe deeply into the torso. Hold for 5-8 breaths.

Don'ts:

1. Do not practice Mountain Pose if you are currently experiencing headache or low blood pressure
2. Do not practice Yoga if you are insomniac or lightheaded and/or dizzy.

2. Downward Facing Dog Pose



Down dog is one of the most widely recognized Yoga postures, but it's also a complicated one. It stretches and strengthens the entire body, builds strength, increases flexibility and even relieves back pain. Down dog can be straight up painful if you're not properly warmed up. So it is always advised to warm-up your body before working with downward facing dog Yoga pose.

Do's:

1. Rest on to all fours with your wrists under your shoulders and knees under your hips.
2. Tuck under your toes and lift your hips up off the floor as you draw them up at back towards your heels.

3. Keep your knees slightly bent if your hamstrings are tight, otherwise try and straighten out your legs while keeping your hips back.
4. Walk your hands forward to give yourself more length if you need to.
5. Press firmly through your palms and rotate the inner elbows towards each other.
6. Hold for 5-8 breaths before dropping back to hands and knees to rest.

Don'ts:

1. Do not let your hands and feet dance while practicing these postures, instead make them centered and firmly rooted to the floor. It might stress your wrist or ankle if the placement goes wrong.
2. While performing this Yoga practice, do not disconnect your arms and shoulders. Let them be connected and firm to give you the sense of your spine growing stronger.
3. Do not round your back, as it may lead to a misalignment of shoulder, spine and even lead to tight hip flexors.

3. Plank Pose



Plank is one of the best postures for you as it teaches you to balance on your hands while using the entire body to support it. They not only involve your abs but also your lower back, glutes, hamstrings, shoulders, chest and upper back. It makes you stronger to the core and helps you get a toned belly and abs.

Do's:

1. Raise your body up till you form a straight line across your head to hips.
2. Press through the heels of your hands and spread your shoulder blades apart.

Don'ts:

1. Prevent head from looking up.

2. Ensure that your elbows are no too far away from your shoulder alignment.

4. Triangle Pose



Triangle Pose Yoga has the ability to bring stability, strength, and stamina in your life. Therapeutically, it is good for strengthening the core and legs. It also helps to shed extra fat from various parts of the body i.e. stomach, hips, thighs and waist. It is a wonderful standing posture to stretch the sides of the waist, open up the lungs, strengthen the legs and tone the entire body.

Do's:

1. Stand with your feet one leg's length i.e. approximately ...

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Chapter 7

Equipment and Accessories Mandatory for Yoga



Initially, thousands of years back when Yoga was evolved, there was no Yoga equipment. Practicing and learning Yoga only required the complete engagement and involvement of your mind, body, and spirit. The latter is still true, with the only difference that, today, the modern Yoga practitioners feel comfortable and find convenient to practice with a few basic accessories which make the learning easy.

Through this guide, we are trying to make your Yoga journey comfortable, easy and enjoyable. Hence, we are making this effort to research, gather and bring together all the factors that contribute to this.

Now, when it comes to accessories, some fall in the category of Essentials while the others fall under choices, where it totally depends on the practitioners to use for it or leave it.

Yoga Essentials

As the name suggests, these are some of the unavoidable accessories needed for Yoga.

1. Yoga Mat



Yoga mats are specially fabricated mats used as an aid during the practice of Yoga to prevent hands and feet slipping while practicing the asanas. Having your own personal Yoga mat means you can take it anywhere and use it anytime. There will be days when you would wish to practice Yoga outdoors while other days indoors. It would be convenient to take your mat wherever and whenever you want to. When Yoga becomes a part of your weekly or daily routine – a more durable, high-quality mat is a better option. These yoga mats run a bit pricey but are totally worth it. So before buying your mat, keep in mind below tips, which will make every penny worth the price:

- (a) Eco-conscious**
There are plenty of mats made from plant-based and renewable materials, like tree rubber and jute; many are also PVC- and latex-free. They are highly recommended as they are softer and flexible.
- (b) Length**
Make sure the mat is long enough. You want to make sure your hands and feet are both on the mat especially while practicing poses like Downward Dog. Extra-long yoga mats tend to run from 72 to 84 inches.
- (c) Thickness**
Vigorous practices like Ashtanga, Vinyasa, and Power Yoga may warrant a quarter-inch-thick mat so you don't get bruised. You can go with a thinner mat for more gentle asanas or those done in a carpeted home. Make sure it's a yoga mat, though — thick, squishy fitness mats make it tougher to balance.
- (d) Texture**
Ensure that you're comfortable with the way the mat feels. Yoga mats are sometimes referred to as "sticky mats," due to their textured grip, which prevents your hands and feet from slipping during poses. Some mats — particularly eco mats — have a nubby, "natural" texture; others are more like the rubber sole of a shoe.
- (e) Shop around**
If you're having trouble figuring out which mat features you want, try taking suggestions from your friends, colleagues, and family and know what they prefer. You can even visit the stores and malls and get the opinion of sellers to understand which Yoga mat is preferable for you. Reading customer reviews and comparing products online is always helpful, too, and can help you find a good deal or offer.
- (f) Manduka Mats**
The Manduka Yoga mats aren't cheap, but they're extra comfortable and come with a lifetime guarantee. They cost you around \$80 but the mat is really worth the price paid for. A normal mat would cost you \$20 but if you are planning to practice Yoga twice a week or more, then that mat is going to smell and fall apart in no time. And a smelly mat can be irritating and turn off. Hence, a Manduka mat is preferable. Also, it has a lifetime guarantee, so Manduka will send you a new one if for some strange reason something happens to it. These come in about twenty really cool colors so you can unroll with pride wherever you practice Yoga.

2. Yoga Towel



This is a Yoga necessity.

Most Yoga mats lack a sticky quality which makes it very easy to slip-and-slide once the heart starts pumping and the heat starts building. A Yoga session can quickly go from awesome and exhilarating to slippery and stressful without a good Yoga Towel. If hot yoga sessions or vinyasa/ power flow sessions are typical for you, then this is, even more, a necessity.

This is because you may end up sweating quite a bit during your practice. If you have a good mat towel, you need not worry about sweat stinging your eyes when you're trying to focus and balance.

A standard hand or beach towel usually works just fine to soak up the sweat, but if you're dedicated to Ashtanga, Bikram, or Power Yoga, you may want to check out yoga-specific towels, which fit the entire length of your mat and are made from an extra-absorbent material that dries quickly. Some of these Yoga towels even have rubber nubs on the bottom to further prevent slippage.

These towels should be super absorbent, non-slip and quick drying.

3. Yoga Bag



Every individual performing Yoga owns a Yoga mat, definitely. So, the question arises how does a Yoga practitioner carries it outdoors and around?

A yoga mat bag is the answer.

A yoga mat bag is essential because it not only makes it really easy to carry around your mat, but also a lot of mat bags are made with extra compartments to hold your keys, towels, wallets, water bottles, etc. The bag is basically a yoga purse which makes the carrying process much, much easier – especially for the heavier duty yoga mats mentioned above. Yoga bags come in all shapes & sizes and are easily available at many retail outlets, and online shopping websites. For the environmentally conscious, mat bags made from recycled or organic materials are readily available. These include eco-friendly material like hemp, which is both durable and sustainable.

Just like every other yoga accessory out there, a yoga mat bag is not seem to be a mandatory accessory for you to gain the many benefits of Yoga. But, it is a very useful tool if you happen to have your own yoga mat. The sheer convenience of being able to tote around your mat and other belongings make it a worthy investment in the long run.

Customized Yoga Mat Bags

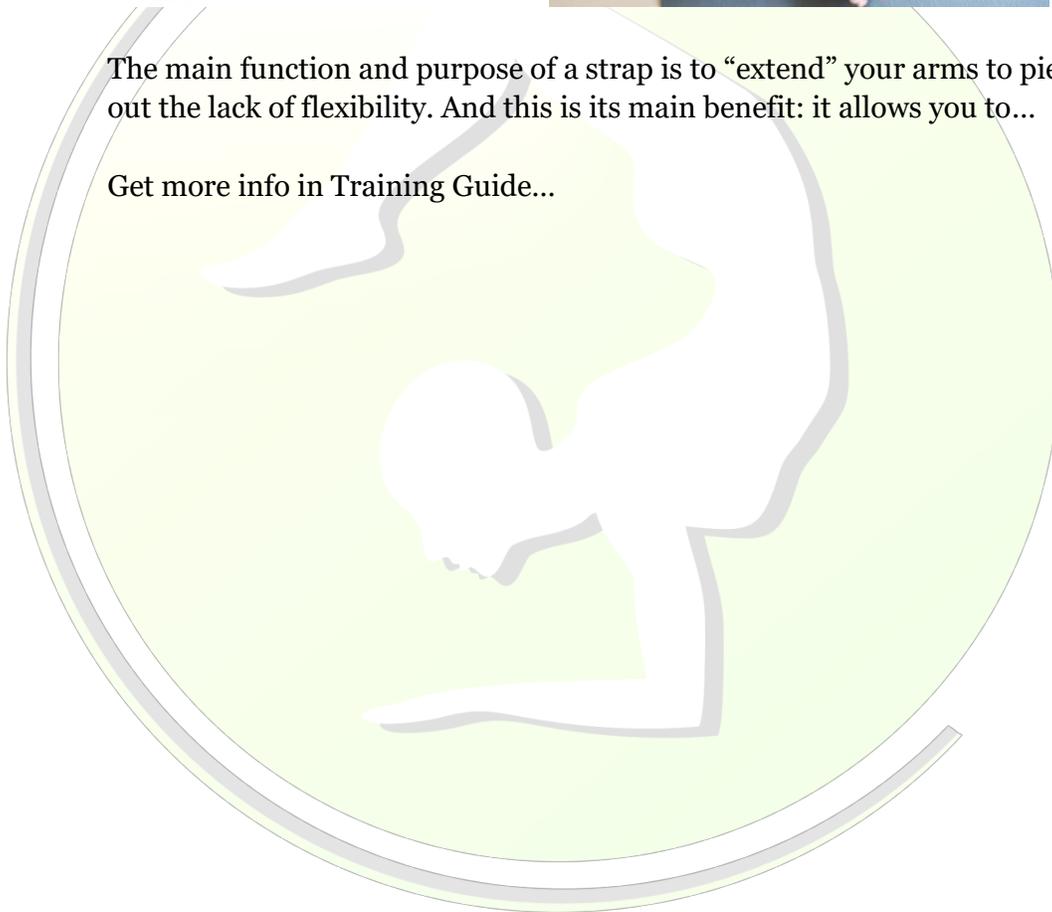
If you are ready to go the extra mile for a fully personalized yoga mat bag, you can even make one yourself. By making your own mat bag, you have total creative control over what material it will be made of and what designs you want to put on it. A one-of-a-kind bag that you make yourself can even help motivate you to go out and practice Yoga.

4. Yoga Strap



The main function and purpose of a strap is to “extend” your arms to piece out the lack of flexibility. And this is its main benefit: it allows you to...

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Chapter 8

Yoga Exercises

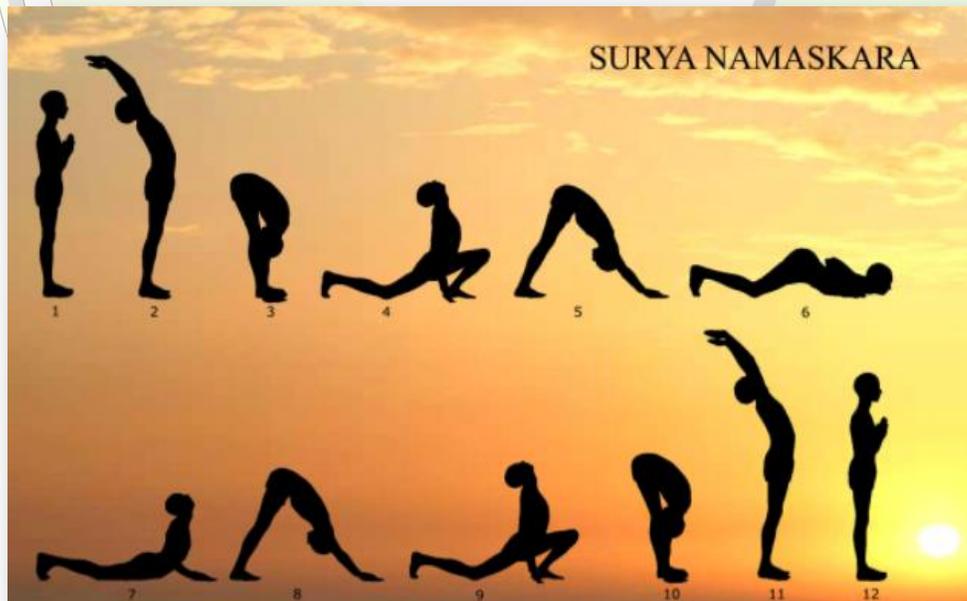


By now, you must have already known how important Yoga is for your health and fitness. Yoga exercises (asanas) increases your flexibility and improves your strength. Yoga has the zeal to change your energy. If your morning routine starts with dragging yourself out of bed and gulping down a cup of hot coffee, try ten rounds of Surya Namaskar or some pranayama, and notice the energizing effects it has on the nervous system. Conversely, if you need a change later on in the day, just a few minutes of asana practice can re-balance the nervous system, calm the mind and give you a different perspective.

So, the bottom line is that Yoga makes you feel better. It makes you feel different, more open, present and happier by reducing the levels of anxiety. Now, when you already know that there are tens of dozens of advantages and benefits of Yoga, then it is also important to know how to practice Yoga. This means that you need to really study and learn the technique to perform the Yoga asanas and exercises. If not, you may end up damaging your body, spine, back or any other body part. To help avoid such kind of situation, we have brought forward the detailed steps for some of the popular Yoga asanas. This step-by-step procedure would make it easy for you to perform these exercises.

But, before starting with the Yoga exercises, we have brought steps to perform slow Sun Salutations which is part of the warm-up routine associated with Yoga.

Sun Salutations



Surya Namaskar, or Sun Salutation, is a series of postures that warms, strengthens, and aligns the entire body. It serves as an all-purpose yoga tool, kind of like a hammer that's also a saw and a screwdriver if you can imagine such a thing. It is a classical sequence of twelve yoga positions, for an energizing warm-up routine that is performed at the start of every Yoga session. Dozens of muscles are stretched and toned in this Yoga exercise.

There are 12 sun salutations which are important for warming you up before your Yoga session.

1. Pranamasana (Prayer pose)



- (i) Stand at the edge of your mat, keep your feet together and balance your weight equally on both the feet.
- (ii) Then, expand your chest and relax your shoulders.
- (iii) As you breathe in, lift both arms up from the sides and as you exhale, bring your palms together in front of the chest in prayer position.

2. Hastauttanasana (Raised Arms pose)



- (i) Breathing in, lift the arms up and back, keeping the biceps close to the ears.
- (ii) In this pose, you need to stretch the whole body up from the heels to the tips of the fingers.

3. Hasta Padasana (Hand to Foot pose)



- (i) Breathe out; bend forward from the waist, while keeping the spine erect.
- (ii) As you exhale completely, bring the hands down to the floor beside the feet.
- (iii) You may bend the knees, if necessary, to bring the palms down to the floor. Now make a gentle effort to straighten the knees.

4. Ashwa Sanchalanasana (Equestrian pose)



- (i) Breathe in; push your right leg back, as far back as possible.
- (ii) Bring the right knee to the floor and look up.
- (iii) Ensure that the left foot is exactly in between the palms.

5. Dandasana (Stick pose)



- (i) As you breathe in, take the left leg back and bring the whole body in a straight line.
- (ii) Keep your arms perpendicular to the floor.

6. Ashtanga Namaskara (Salute with Eight Parts Or Points)



- (i) Gently bring your knees down to the floor and exhale. Take the hips back slightly, slide forward, rest your chest and chin on the floor. Raise your posterior a little bit.
- (ii) The two hands, two feet, two knees, chest and chin (eight parts of the body touch the floor).

7. Bhujangasana (Cobra Pose)



- (i) Slide forward and raise the chest up into the Cobra posture. You may keep your elbows bent in this pose, the shoulders away from the ears. Look up.
- (ii) As you inhale, make a gentle effort to push the chest forward; as you exhale, make a gentle effort to push the navel down.

8. Adho Mukha Svanasana (Downward Facing Dog Pose)



- (i) Breathe out; lift the hips and the tailbone up, chest downwards in...

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Chapter 9

Introduction to Meditation with Yoga



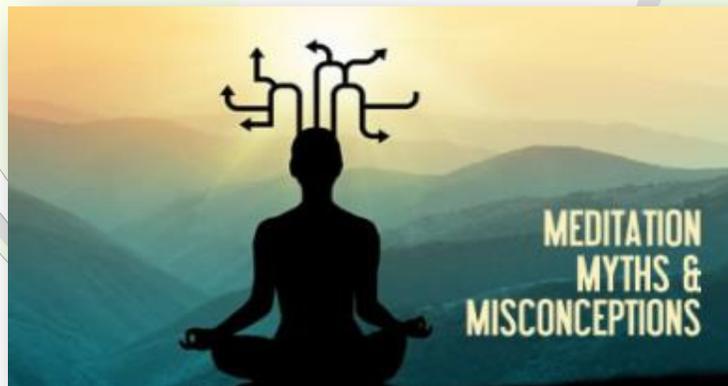
Most of you have heard meditation, it's a popular word for all of us today, but only a few of us truly know what meditation is.

“Meditation is the dissolution of thoughts in Eternal awareness or pure consciousness without objectification, knowing without thinking, merging finitude in infinity.” – Swami Sivananda

Meditation has a one common goal – to stop the incessant activity of mind by transforming it. Meditation is the real antidote to our own personal sorrow, the anxiety, fear, hatred, and general confusions that beset the human condition. It gives us a deep rest, and the real meditation is deeper than the deepest sleep that you can ever have. When the mind becomes free from agitation, is calm and serene and at peace, meditation happens.

What Meditation is not?

For some people, meditation is mainly about establishing a focus or a concentration on a particular thing, or object, but for others, it is simply an imagination that provides us an inner peace or satisfaction. But these days it is commonly understood to mean some form of spiritual practice where one sits down with eyes closed and empties the mind to attain inner peace, relaxation or even an experience of God. Some people use the term as "my hobby is my meditation" or for jogging or art or music, hence creating confusion or misunderstanding. Some people think that the purpose of meditation is to stop the mind. They sit, and they try. Soon they get into a fight with their mind, a fight that they lose. Frustrated, they give up!



Before we take an insight into what Meditation is, let us understand what it is not.

1. Concentration

Concentration is fixing attention on to a particular object for a long duration of time. It means staring at something incessantly for a long time. Meditation is not concentration, instead it is de-concentration.

2. Loss of Control

Involuntary movements or sounds are not at all related to meditation or spirituality. Instead they are symptoms of loss of awareness and control over some parts of ourself.

3. Exercises

Meditation is neither about breathing nor exercises and postures. Yoga exercises and postures are for a healthy balance and wellbeing of your body and is no way related to meditation.

4. Mental Effort

To get rid of the mind blockages that prevent our thoughtful awareness, we should introspect but never use our mental effort. We cannot continuously enchant something in our mind to get rid of this awareness, we simply cannot.

What is Meditation?

The word meditation is derived from two Latin words: meditari (to think, to dwell upon, to exercise the mind) and mederi (to heal). Its Sanskrit derivation 'medha' means wisdom.

Meditation is a process of transforming the mind. It is a technique to encourage and develop clarity of life, emotional positivity, and seeking a true nature of things around us. Meditation serves as the food for our soul. It nourishes the universal values of compassion, caring and sharing, responsibility, non-violence and peacefulness.



Meditation has been practiced since antiquity in numerous religious traditions and beliefs. Since the 19th century, it has spread from its Asian origins to Western cultures where it is commonly practiced both in private and business lives.

Meditation is the way towards a stress-free life!

1. It is 'Universal'

Meditation is a universal process. It is not Eastern or Western, but is universal in its approach and application. The way it is practiced across various countries might be different in its form, but the ultimate goal of Meditation still remains the same everywhere.

2. It is 'Awareness'

Meditation means Awareness and what you do with Awareness is Meditation. Watching your surroundings is meditation; listening to the birds is meditation. As long as these activities are free from any other distraction to the mind, it is effective meditation.

3. It is 'Observing your Thoughts'

Meditation means cessation of the thought processes which roll into our minds from day till the night. It describes a state of consciousness, when the mind is free of scattered thoughts and various patterns. It means watching your own mind, neither fighting with it nor controlling it. Just being there, observing the thought processes without any judgment.

4. It is 'Being Calm'

Meditation is being calm in any situation, despite of what others do or not do. It is just about letting things be, even letting people be howsoever they are and whatsoever they do. Not bothering about your surroundings, just being unrelated with the world.

5. It is 'Effortless'

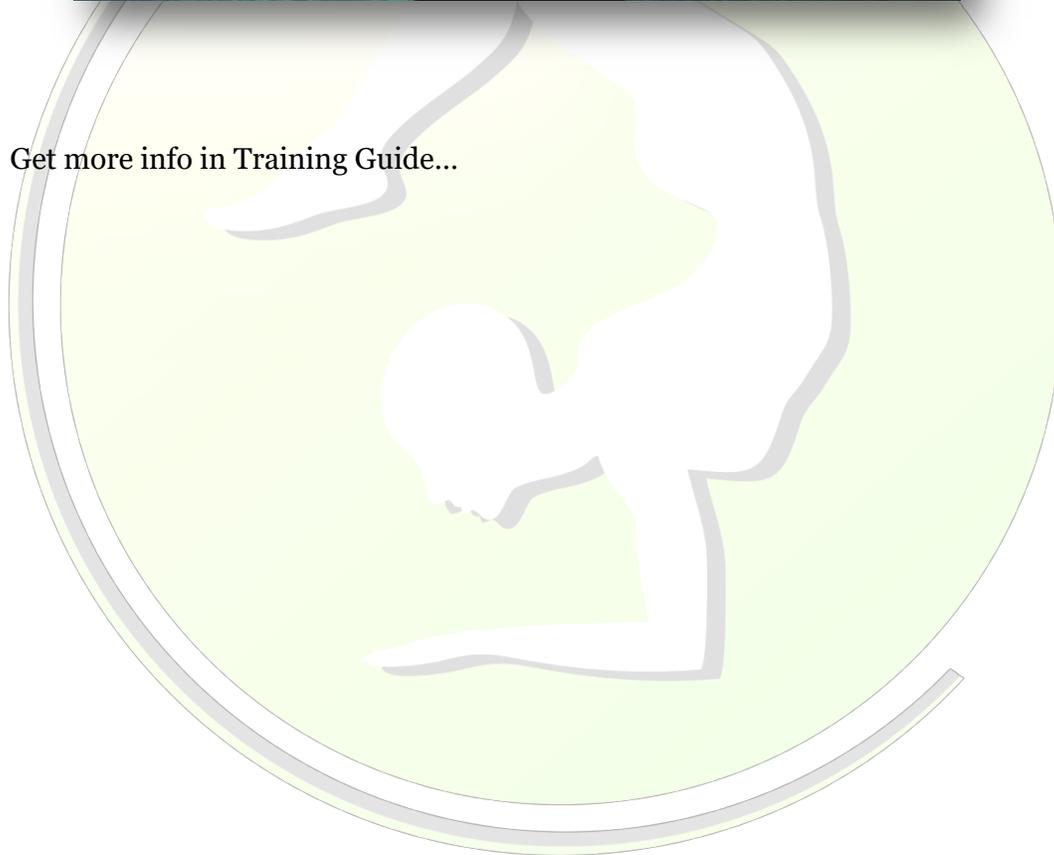
An effective Meditation is when the empty spaces and voids begin to develop inside you, and you tend to move into those spaces as and when you want to without an effort. This is refreshing and rejuvenating thus making you more aware of who you are.

Why Meditation?

Now as we already know what exactly meditation is, it's time to understand why it is needed.



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Chapter 10

Categories of Yoga Meditations



Meditation is not of a single type or category but it has multiple types. There are a lot of different ways of doing meditation and dozens of techniques are involved in the process. Thus, it becomes very important to know that which technique will work out the best for you. You may also find some misleading information on the Web regarding various types of meditation, so it is important for you to get a detailed knowledge of each category in order to understand which one is beneficial for you.

This chapter will help you navigate the sea of different practices of seated meditation, briefly explaining each of them. There are literally hundreds of types of meditation, so here we shall explore only the most popular ones.

General Types of Meditation

Meditation is usually classified based on the way they focus attention, into three categories: Focused Attention, Open Monitoring, and Effortless Presence.

1. Focused Attention



As the name suggests, this type of meditation is about focussing the attention on a single object during the entire session. This object may be the breath, a mantra, visualization, part of the body, external object, etc. With the due course of time, a practitioner's ability to keep the flow of attention in the chosen object gets stronger, and distractions become less common and short-lived.

Some common examples of Focussed Attention Meditation are Chakra meditation, Mantra Meditation, Zazen.

2. Open Monitoring



This works on the reverse principle of the Focused Attention. Instead of focusing the attention on any one object, we keep it open, monitoring all aspects of our experience, without judgment or attachment. It is the process of non-reactive monitoring of the content of experience from moment to moment, without going into them. In this type of meditation, we monitor all kind of perceptions, be it internal or external without attaching to them in any form. Internal perceptions can be thoughts, emotions, feelings, etc, while External perceptions are like sound, smell, taste, etc.

Some common examples of Open Monitoring Meditation are Mindfulness meditation, Vipassana or Insight meditation, etc.

3. Effortless Presence



Effortless Presence is the state where the attention is not focused on anything in particular but reports on itself – quiet, empty, steady, and introverted. It is like a “Choiceless Awareness” or “Pure Being”. This is actually the true purpose behind all kinds of meditation and not a meditation type in itself. All traditional techniques of meditation recognize that the object of focus, and even the process of monitoring, is just a means to train the mind, so that effortless inner silence and deeper states of consciousness can be discovered. Eventually, both the object of focus and the process itself is left behind, and there is only left the true self of the practitioner, as “pure presence”.

Categories of Yoga Meditation

In this section, we will be discussing important types of Yoga meditations in detail for a clear understanding of each one of them:

1. Mindfulness Meditation



This is a Buddhist form of Meditation which works on the simple principle of keeping one's mind fully focused on the present. Present means only the current happenings, no past, or future. This is perhaps the most advisable way to get started with meditation.

The Buddha says our mind is like a chain of reactions and desires. When we catch ourselves in this downfall of reactions, we miss experiencing the true meaning of life. The human mind is tricky and a bit difficult to understand and control. For a human mind, the grass always seems to be greener on the other side of the fence. Mindfulness Meditation is about keeping the mind in the here and now, and enjoying the present moment with full focus and attention. The technique is simple where you just need to keep your attention on the breath. This might be easy to say, but for the untrained mind, it can be hard to achieve one-pointed attention for more than three minutes. So, you need to learn to control your thoughts while performing this type of meditation which wanders at different places – your past or future and keep it devoted to the present.

Purpose or Goal: It helps to retain focus on the physical and mental benefits of meditation. It also brings good things and energies into your life.

2. Mantra Meditation



The word "mantra" stands for an instrument of thought, basically a sacred sound which is a powerful way to focus the mind. This type of meditation requires conscious engagement on...

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Chapter 11

Health benefits of Meditation



Meditation is relaxation and according to a scientific study deep relaxation changes our bodies on a genetic level. With meditation, the physiology undergoes a change and every cell in the body is filled with more prana (energy). This results in joy, peace, and enthusiasm as the level of prana in the body increases. Moreover, as per a recent scientific study, the genes that protect from disorders such as pain, infertility, high blood pressure and even rheumatoid arthritis are switched on if meditation is practiced regularly.

A well-balanced mind body soul connection is important to your holistic well-being. To achieve this, meditation might be the ticket. You might have heard often that “Meditation is good for your health” but you do not know how exactly and in what terms it is good. This chapter stresses on the health benefits of meditation which includes your physical, mental and spiritual health and well-being.

Physical Benefits of Meditation

There is a lot of good work that meditation and the relaxation effect is doing on your body. While relaxation techniques can be very different, their biological effects are essentially similar. Let us check out below:

1. Meditation reduces risk of heart diseases and stroke



Off lately, heart diseases have become one of the most prominent causes of deaths. Transcendental Meditation is the most effective in reducing the risk of mortality and stroke in coronary heart disease patients.

2. Meditation affects genes that control stress and immunity

After practicing meditation, the meditators develop improved mitochondrial energy production, consumption, and resiliency. This improvement helps in building a higher immunity in the body system and thus making it more resilient to stress. Apart from this, relaxation appears to boost immunity in recovering cancer patients. When practiced daily, it even reduces the risk of breast cancer recurrence.

3. Meditation reduces blood pressure



Meditation lowers blood pressure by making the body less responsive to stress hormones, in a similar way to blood pressure-lowering medication. Zen Meditation is primarily known to reduce stress and high blood pressure. Relaxation results in the formation of nitric oxide, which opens up your blood vessels, and thus reducing the risks of high blood pressure.

4. Meditation decreases inflammatory disorders

Stress leads to inflammation; a state linked to heart disease, arthritis, asthma and skin conditions such as psoriasis. The practice of mindfulness meditation produces a range of genetic and molecular effects on the participants. Meditation can help prevent and treat such symptoms by switching off the stress response. Also, reduced levels of pro-inflammatory genes correlate with faster physical recovery from a stressful situation.

5. Meditation increases Fertility



According to medical study, women are more likely to conceive during periods when they are relaxed rather than stressed.

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Chapter 12

Yoga Therapies for Common Illness



Yoga can cure almost any disease under the sky. In fact, it would be fair to say that you can stay free from all diseases if you practice Yoga asanas regularly. If you have developed any disease, the natural cure for that ailment might be there in Yoga. After all, Yoga is the collective wisdom of ages and encompasses a system of cure without modern medicines.

If you are a person who avoids popping pills for almost everything, then you must try this alternative natural care of Yoga. It doesn't need you to pay regular visits to your doctors and physicians, nor does it require you to avail any medicinal facilities like injections, medicines etc. You just need a Yoga mat, a silent atmosphere, and a devoted mind to cure almost every health problem.

Yoga Therapies for Common Illness

We value you and thus have brought for you the Yoga therapies for the most common health issues which people are facing these days.

1. Asthma



The only sustainable cure for asthma lies in Yoga. Inhalers can save your life whenever you get an asthma attack but for the long run, you need to practice pranayama and analog-vilom to get rid of this problem. Your control over

asthma will let you choose how much you enjoy your life. With a potent shield like yoga, you can experience life in its totality and be carefree.

Below is the list of breathing techniques which will help you counter asthma effectively:

(a) Simple Breathing Techniques: Nadi Shodhan pranayama (Alternate nostril breathing technique)

- Begin with this pranayama (breathing technique) to calm your mind and relieving the body of accumulated stress.
- This breathing technique has a healing effect on many respiratory and circulatory problems.

(b) Kapal Bhati pranayama (Skull shining breathing technique)

- This breathing technique relaxes the mind and energizes the nervous system.
- It also clears all the nadis (energy channels) and improves blood circulation

(c) Ardha Matsyendrasana (Sitting half spinal twist)

- The Sitting half spinal twist opens the chest and improves the supply of oxygen to the lungs, thereby reducing the probability of asthma restricting you.

(d) Pavanamuktasana (Wind-relieving pose)

- This pose is good for people with asthma as it massages the abdominal organs and helps in digestion and release of gas.

2. Diabetes



Diabetes is one of the most incurable diseases in the world. You cannot really cure insulin resistance but some Yoga exercises can be helpful to control your blood sugar levels. The major benefits of a Yoga practice include:

- Keeping one healthy and preventing from getting diabetes
- Preventing a person of pre-diabetic from progressing to Type 2 Diabetes
- Helping a diabetic from developing further into a complicated disease

Few asanas to tackle diabetes better are mentioned below:

(a) Supta Matsyendrasana (Lying-down body twist)

- The Lying-down body twist massages the internal organs and improves digestion.
- This posture also exerts pressure on the abdominal organs and is hence very helpful yoga posture for people suffering from diabetes.

(b) Dhanurasana (Bow Pose)

- The Bow pose strengthens and regulates the pancreas and is highly recommended for people with diabetes.
- This yoga pose also strengthens the abdominal muscles and is a good stress and fatigue buster.

(c) Paschimottanasana (Seated forward bend)

- The Two-legged forward bend massages and tones the abdominal and pelvic organs, and helps people suffering from diabetes.
- This yoga posture helps balance the prana in the body and also calms the mind.

3. Indigestion



Indigestion is not just a disease but an epidemic among working people these days. However, you can cure indigestion with Yoga by trying the child pose or wind relieving pose. The practice of asana and kriyas every morning helps to empty out the bowels. Yoga has developed many postures and cleansing techniques for purification of the physical body. Through these simple techniques, one is aided in natural elimination of the waste and the mental complaints are relieved.

(a) Vajrasana, Diamond Pose

- Vajrasana is a simple yoga exercise which can be practiced after lunch or dinner by just sitting on the ground like shown in image for 15 – 20 minutes. It is also known as diamond pose.
- Vajrasana is one of the best yoga poses for constipation and indigestion which can be done immediately after having your meal.
- Good for curing acidity and indigestion.

(b) Bhujangasana (Cobra Pose)

- Bhujangasana (Cobra Pose) is effective and beneficial for improving the function of digestion.
- This yoga pose strengthens the abdominal muscles, clean digestive tract and cures constipation and indigestion problems naturally.

(c) Halasana (Plough Pose)

- Halasana is known as Plough pose which strengthens the back muscles and gives flexibility.
- It cures indigestion and constipation as well as reduces stress.
- It also stimulates the abdominal organs and digestion problems.

4. Migraine



Migraine is commonly known as a one-sided headache. It is a form of a vascular headache caused by vasodilatation (enlargement of blood vessels) that gives rise to a release of chemicals from nerve fibers that coil around the large arteries of the brain. Enlargement of these blood vessels stretches the nerves that coil around them and causes the nerves to release chemicals. The chemicals cause inflammation, pain, and further enlargement of the artery. The increasing enlargement of the arteries magnifies the pain.

Yoga is one of the best remedies to treat and prevent migraine. Progressive muscle relaxation, meditation, and Yoga can make a big difference in our lifestyles...

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Chapter 13

Yoga - Exclusive to kill Depression



Does yoga help with depression?

Before answering this question, we need to know what exactly depression is, and how does it impact your life.

What Is Depression?



Depression is an illness that affects your brain. It is your reaction to something sad, loss of someone, or dejection. When these feelings aggravate and become intense, it leads to a medical condition called clinical depression.

Depression causes feelings of sadness and/or a loss of interest in activities once enjoyed. It can lead to a variety of emotional and physical problems and can decrease a person's ability to function at work and at home.

Common Symptoms of Depression

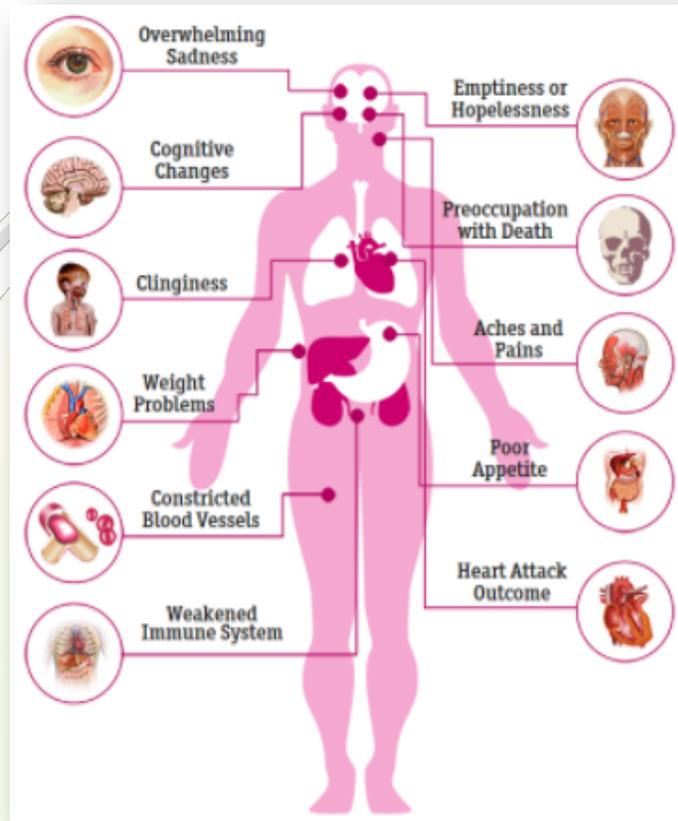


People often confuse sadness with depression. Thus, it becomes highly necessary to know the symptoms and traits of Depression. Most common ones are:

1. Feeling of guilt, sadness and worthlessness regularly
2. Reduced levels of concentration at work
3. Indecisiveness
4. Trouble sleeping or sleeping too much
5. Loss of energy or increased fatigue
6. Increase in purposeless physical activity (e.g., hand-wringing or pacing) or slowed movements and speech (actions observable by others)
7. The hobbies and activities which you were passionate about once now seem to be unappealing and boring
8. You think about death and suicide more often
9. A feeling of instability and fidgety takes over
10. You tend to gain weight or lose it drastically – Loss of appetite!

Feeling sad or anxious at times is a normal part of life, but if these feelings last more than two weeks they could be symptoms of depression. Depression, if left untreated, can interrupt your day-to-day life and cause a ripple effect of additional symptoms.

Effects of Depression on the Overall Body System



Depression is technically a mental disorder, but it also affects your physical health and well-being. It impacts your body and mind system in a severe manner.

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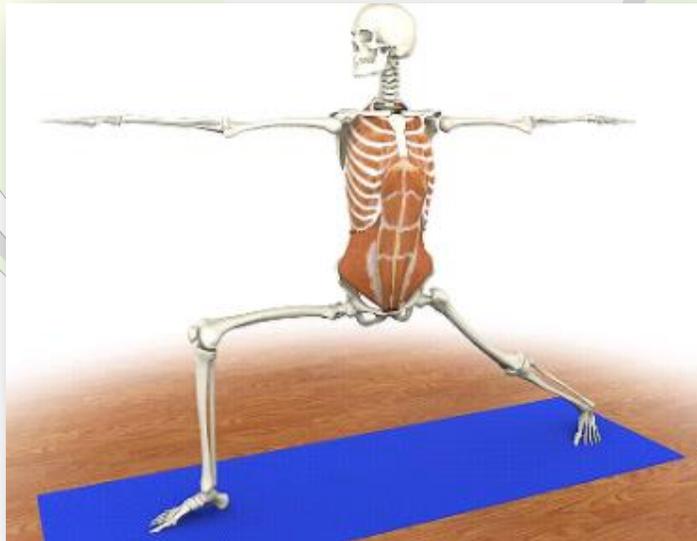
Chapter 14

The Future of Yoga As a Medicine



We are in crisis. Yoga is here now because we desperately need it in our lives. It isn't a mistake that Yoga is here now or accidental that more and more people are practicing yoga and more and more people are adding to the stream. Yoga is popping up everywhere and will continue to do so. In schools, hospitals, corporations, churches, the military, in prisons—everywhere. We are moving towards a quantum leap in human consciousness and although Yoga isn't the only way to become more conscious, it's one way and a pretty good one. As more people are helped, healed and awakened by the practices, they will bring others onto the path simply because that is what happens—we feel better and we want to share with others the benefits we have received.

The practice of medicine will change more in coming 20 years than it has in last 200 years. This change is inevitable due to an explosion in knowledge and fast dissemination of this knowledge. The technological revolution has made communication a possibility even with a click. Much of this change will be brought about by our appreciation and acceptance of past wisdom. The accumulated wealth of knowledge from ancient traditions like Yoga is finding acceptance finally, but reservations still remain. Now that science has started accepting the dynamic play of life at the subatomic level and has progressed to create life in the lab (scientist have created a synthetic cell recently), it becomes pertinent more than ever before to revisit our approach towards the ancient philosophies like yoga. A thing that we do not understand as of now is called philosophical; once our intellect graduates to understanding the same people call it science.



Yoga is such an epitome of accumulated wisdom from our past that has helped the human existence, withstand the traits of deleterious evolutionary pressures. Yoga is seen not only as a set of esoteric exercises but also as a part of the oriental culture.

It's inherent, non-invasiveness and harmlessness emanates from the test of time and voluntary integration. Biofeedback therapy, physiotherapy, psychotherapy, and hypnotherapy etc. are fragmented approaches to understand issues which have been addressed in totality by Yoga for centuries.

The Future of Yoga in Medicine

Yoga is at an interesting crossroads. At the turn of the 20th century, the Yoga industry was non-existent, while there was an amazing depth of knowledge within the community of practicing Yogis of the time. At the beginning of the 21st century, the Yoga market is global with millions of practitioners, but yet there remains very little knowledge about this precious discipline.

1. Modern Yoga



The teachings of Yoga are normally rooted deeply in philosophical teachings, and form a way of life, rather than merely a set of exercises. However, modern-day Yoga is primarily associated with physical exercise and is devoid of other important aspects that make it a holistic experience, rather than just a performance. Sound Yoga principles exist in the important classical texts that define the entire array of Yogic tools and guidance on how to integrate them as a way of life.

When Yoga made its way into the Western world in the twentieth century...

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Chapter 15

Special Advice for Apprentice - The Beginners



Starting out in Yoga is like starting a new relationship. It's exciting, it makes us feel amazing and it can be more than a little bit addictive! Like most new things we learn, the beginning stages of yoga are really important because this is when we lay the foundation and form habits that can really shape the way we practice.

Beginning Yoga practitioners are just as likely to feel the joy that comes from Yoga as are their more experienced comrades. But beginners also face a pesky collection of obstacles. For one thing, the vocabulary of Yoga can be difficult. Beginners need empathy.

Among the most difficult challenges for beginning, Yoga individuals are creating a home yoga practice. For that, a Yoga practitioner must choose from a growing list of techniques and arrange the selections to fit into a never-quite-adequate length of time. The practices mushroom as you progress from session to session, and it can be difficult to keep up with them all. It can be even more difficult to measure the relative significance of the practices or to make sure that when you are doing them at home you are doing them correctly.

There is also the question of faith. Yoga prospers when the practitioner practices with faith. Beginners often do have faith in the value of Yoga, which helps them through periods of doubt and frustration. With the passing of time, however, beginning practitioners must make the journey from blind to reasoned faith. And this means learning to own the practices yourself.

Yoga Tips and Best Practices for Beginners



To sum up – there are a lot of challenges which are faced by the beginners while practicing Yoga, so, we have researched and brought some tips and best practices for you to follow in order to make this beginning smooth, easy and convenient:

1. Create a comfortable spot for your yoga practice



If you have an extra room in our house which can be 24*7 ready for Yoga, it would be great and much helpful.

Having your yoga mat unrolled and out all the time is certainly inviting. Most of us, however, have to be more flexible and create a space when we want to practice. Try and find a spot where it's peaceful and quiet, with as much space around you as possible. An empty piece of wall can be handy too since the wall is a great prop. If you like, it can be nice and even helpful to create some atmosphere with a candle or an incense stick. You can do yoga anywhere as long as you have enough space around you without the risk of bumping into tables, chairs, etc.

Create the best space you can and enjoy your practice!

2. Choose your Yoga style

What are you going to do when you are on your mat? The first question to ask is... "What do my body and mind need?"

You need to introspect and watch your body to understand what does it need? Restorative Yoga to quiet your body and mind, or Bikram to revitalize your energy levels.

The more you do yoga, the more you learn the effects of different practices and the more you learn to recognize what it is your body and mind need at different times. The way you make the Yoga session perfect for you is through practicing with full awareness, with as little resistance as possible. If there is a part you don't like, breathe through it and observe your reactions. Remember that how you react on the mat seeps through in how you react in daily life. In

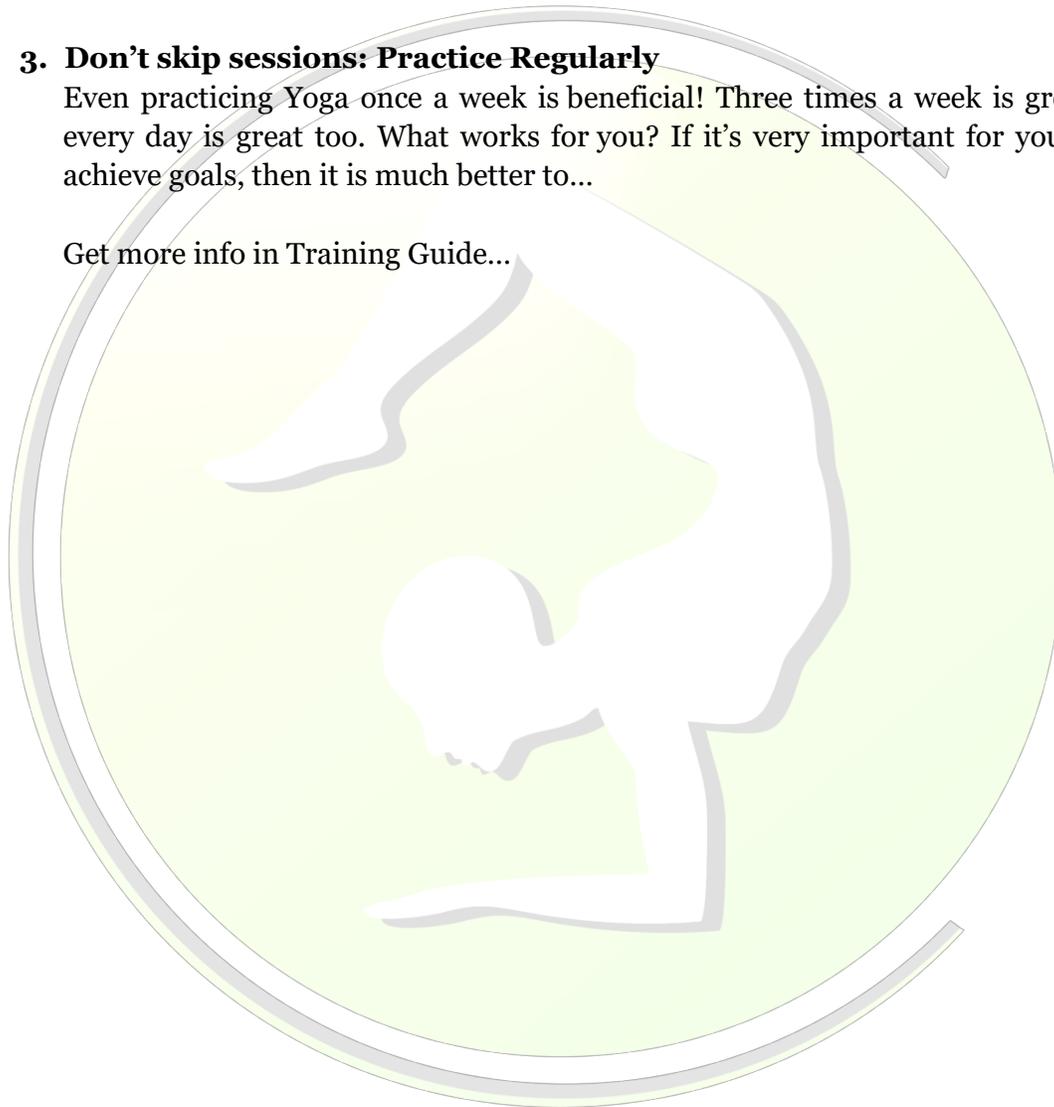
daily life, you will also come across situations you don't like and choose not to change or are unable to change.

In time, your yoga practice on your mat will teach you to surrender more and more to what is. You will learn to stop resisting what is and to stop trying to change things. Next, you will be able to apply that perspective more in your life off the mat. The peace that comes from being able to accept what is will be great.

3. Don't skip sessions: Practice Regularly

Even practicing Yoga once a week is beneficial! Three times a week is great, every day is great too. What works for you? If it's very important for you to achieve goals, then it is much better to...

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Conclusion

If you haven't yet made up your mind to start with Yoga, do it right away!

In a culture in which we rush from one day to the next, constantly trying to change our health, our body, or our emotions, or to plan our future, yoga opens up the possibility of connecting to what we already have — to who we already are. Yoga offers self-reflection, the practice of kindness and self-compassion, and continued growth and self-awareness. It can increase your flexibility, improve your balance, and decrease your cholesterol.

While most people intuitively get that yoga reduces depression and anxiety, most people — even physicians and scientists—are typically surprised to find out that yoga changes the brain.

Not only does it have the physical and the mental benefits, it transforms you as a person. It helps you in attaining greater happiness and joy.

Yoga can help you get fit for life. It helps you deal with stress, pick up your child, control your dog, carry groceries, or work in your garden. It also can help to prevent or ease back pain and muscle or joint injury, and give you self-reliance and self-esteem.

Yet, one of the most important benefits of any yoga routine isn't physical — it's the quieting of the mind. The bottom line is learning to pay attention. You fine-tune your attention, beginning with the body, and then moving to the mind. As you get deeper into your practice over the years, you start to see the mental and spiritual benefits.

Yoga can change the heart — but we're not just talking about blood pressure.

"Fitness is not about being better than somebody else; it's about being better than you used to be..."

Stay Healthy, Stay Fit!!!

