

Yoga (Healthy Life) Part -1

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Yoga for Healthy life style

Do's & Don'ts

Did you know?

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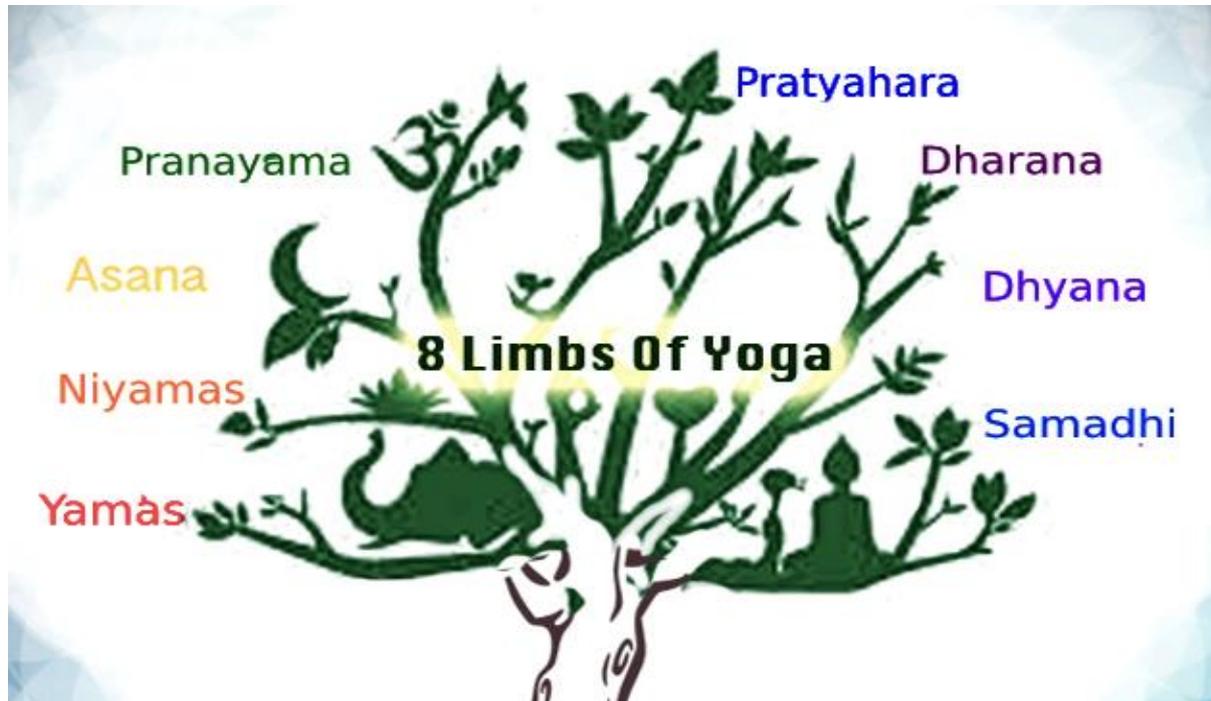


Overview:

Yoga is a healthy way of life, invented in India. Now, it is a system of science accepted all over the world. The western culture is also accepting yoga as it is a healthy way of scientific exercise. Yoga contains the practices of eight limbs **yama, niyama, asana, pranayama, pratyahara, dharana, dhyana and, samadhi** which are helpful to retain oneself physically fit, mentally vigilant and emotionally stable. This yoga ultimately formulates ground for the spiritual expansion of an individual.

In brief the eight limbs, or steps to yoga, are as follows:

1. **Yama** : Universal morality
2. **Niyama** : Personal observances
3. **Asanas** : Body postures
4. **Pranayama** : Breathing exercises, and control of prana
5. **Pratyahara** : Control of the senses
6. **Dharana** : Concentration and cultivating inner perceptual awareness
7. **Dhyana** : Devotion, Meditation on the Divine
8. **Samadhi** : Union with the Divine



What is Yoga?

The word 'Yoga' is derived from Sanskrit root *yuj* which means 'join' or 'unite'.

Yoga signifies 'integration of personality' at the highest level, Yoga includes various practices, and techniques, which are engaged to achieve the improvement of such integration. These practices and techniques are resources in the yogic literature, and are also referred collectively as 'Yoga'.

Importance of Yoga

Living with good health is the right of every human being. But this right depends on individual, social, and environmental factors. We can develop a better immune system and a better perception of oneself. So that other conditions do not affect us adversely and we can achieve good health.

Health is a positive impression. Positive health does not mean merely freedom from disease, but it also includes a delighted and energetic feeling of well-being with an amount of universal resistance and ability to easily cultivate immunity against particular offending agents.

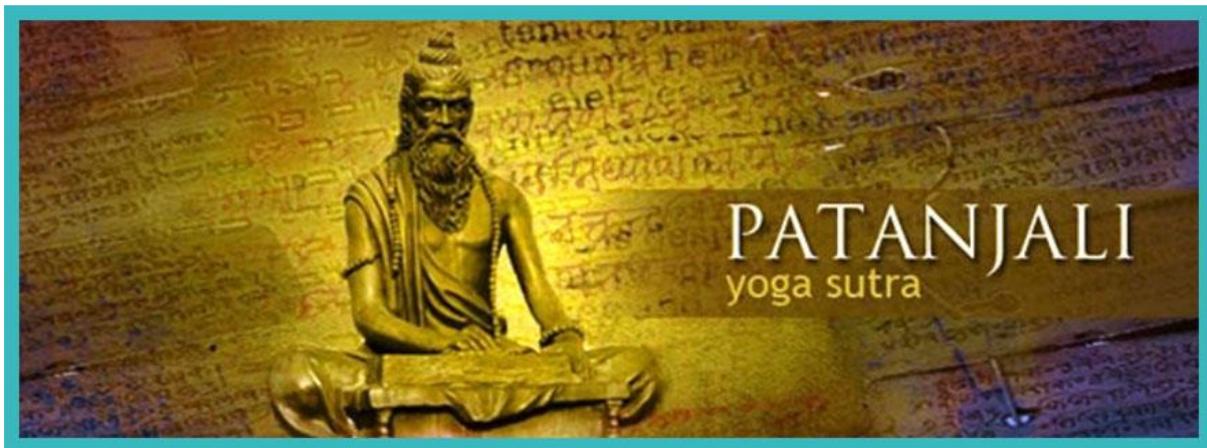


Yoga is one of the most influential drug free systems of treatment. It is having its own concept of wellness which has been systematically understood and presented by many. Yoga can be adopted as lifestyle for promoting our physical and mental health.

Yoga helps in the development of strength, stamina, survival, and high energy at physical level. It also empowers oneself with increased concentration, calm, peace and contentment at mental level leading to internal and external harmony.

Yoga – Its History

Yoga has its foundation thousands of years ago in India. It has created from a universal desire to attaining happiness and getting rid of sufferings. According to yogic tradition, Lord Shiva is considered the founder of yoga but systematic reference of yoga is found in Patanjali's *Yogadarshana*. Maharishi Patanjali arranged the yogic Practices. After Patanjali, many sages (yogis) contributed to its development and as a result yoga has now spread all over the world.



In this context, on 11 December 2014, The United Nations General Assembly (UNGA) with 193 members approved the proposal to celebrate 'June 21' as the 'International Yoga Day'.

Objectives of Yoga Practices

- To make an understanding of yogic practices and apply this understanding consequently in one's life and living.
- To make healthy habits and lifestyle in everyone.
- To make humane morals and ethics
- To improve physical, emotional and mental health through yogic actions

General Guidelines for Yoga Practices

Yogic **practice** should be done on an empty stomach or light stomach. Consume small amount of honey in lukewarm water if you feel weak. Bladder and bowels should be empty before starting Yogic **practices**. A mattress, **Yoga** mat, durrie or folded blanket should be used for the **practice**



- Keep a separate room for your yoga sessions. The room should be clean and well ventilated with fresh air. If you can't have a separate room, you can allocate a portion of a room to your practice.
- **What to wear:** Loose, comfortable clothing or tights / tracksuit work best. It's important to wear something that will not restrict your movement.
- Avoid consuming any food ~ 3 hours prior to yoga practice. A cup of light tea, milk is acceptable 30 minutes before practice.
- Do yoga preferably in the morning when your mind is relatively calmer and the energy levels are higher in contrast to the evening, when you are mentally and physically fatigued. Yoga for fitness can be done in the evening.
- Don't practice when you are sick or aren't feeling well.
- Yoga should be done with full awareness. The key is to constantly remind ourselves to be aware of the poses and breathing and to bring our wandering mind back to focus on the moment.
- Do not strain yourself or push yourself beyond your capacity
- Begin the yoga session with some warm up asans/poses. Taking a warm shower prior to practice helps improve flexibility.
- Do not forget to breathe while practicing poses as breathing is an important part of yoga
- The diet recommended for serious yoga practitioners, is a saatvic diet. Avoid consuming greasy, spicy, oily foods or foods that cause

you to feel sluggish and dull. Also avoid eating foods that are too temperature hot or cold

- Be consistent in your practice. Make it your goal not to miss a single day, unless you are sick.
- Following the conclusion of your yoga practice, wait for ~15-20 minutes before you consume any food and drink. This allows your body enough time to assimilate all the positive energies that have been awakened from the practice
- Abstain from excessive and loud talking. Avoid strong emotions of anger, jealousy, sadness etc. This prevents hemorrhaging of all the positive energy you awakened from the practice and an unnecessary build-up of toxic emotions.
- Drink plenty of water to help in the elimination of toxins from the body that have been released as a result of the practice session.



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