

AMRITA VISHWA VIDYAPEETHAM
CULTURAL EDUCATION
Ettimadai Campus

Yoga Handout Vol 1 Copy 1
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- Yoga practices are a tool and an instrument for the enterprising and endeavouring; to show a way to fulfilment of ones ambitions.
- One must try to use yoga practices in its source aspect to correctly understand its derivative version.
- Integrate yoga practices with Cardio, Gymming, Dances, Sports and other allied areas and activities etc to discover the sources and applications of the practices.
- Scheduling ones practice of yoga is like running. Those who jog or run for exercise are advised to take different routes, different terrain, combine sprint, walk, jog, and run to discover the real value of the exercise and to derive maximum benefit. Same with yoga, use yoga for your growth, increase its intensity at times, learn enough to find some practices for all moods, states of circumstances (space etc) and weathers and environmental conditions to help discover the real potential of yoga practices; and not merely perform it as a daily ritual or ablutions.
- Useful tips when increasing the frequency and, quality and time of practice
 - Drink plenty of water especially when you get up in the morning (about 1.25 litres) –also whenever you feel dryness in tongue, throat or nostrils and even after the practice. The use of water from clean copper vessel warmed before intake after getting up from bed and after the practices or half an hour before the practices or after 2 to 3 hours of intake of light vegetarian food helps one to perform practices better with more ease, awareness and flexibility. Keep water during the practice and sip it if need be.
 - Incorporate use of fleshy fruits (not juices unless recommended)–Papaya etc (not chilled but room temperature) after intake of acidic or hot spicy foods, after dinner or before breakfast is also recommended.
 - Avoid nuts, pepper, chillies, baked and fried foods whenever possible.
- Introduction to yoga practices is the aim of the first sequence of practices. The sequence is geared towards Orientation of people to yoga practices, its effects, and preparing people for more strenuous practices demanding strength and balance.
- Seven sequences in all –These sequences are not sadhanas but regimen to help discover practices necessary for ones sadhanas. Challenging oneself to break the spiritual slumber is the key. Break spiritual notions and challenge the habits.
- Avoid direct exposure to strong draft of air and extremes of weather and climate during or after the practices. No yoga practices (Simple deep breathing may be practised) during fever.
- Note for Ladies: Inverted and Stretching postures are not advised during Periods. One may perform lots of Surya Namaskars before its onset, yet rest as soon as it begins and wait for a day or so and begin it again as soon as the body feels like it. Simpler practices, relaxation practices, meditation etc can be continued anyway.

Comparative study between Yoga and other practices & systems of growth, fitness and health	
<u>Exercises</u>	<u>YOGA</u>
<ul style="list-style-type: none"> • The heart rate is increased and this threshold limit is maintained 	<ul style="list-style-type: none"> • Normal heart rate is the threshold limit and is attempted to be maintained
<ul style="list-style-type: none"> • Respiration & metabolic rates speed up 	<ul style="list-style-type: none"> • Respiration & metabolic rates slow down
<ul style="list-style-type: none"> • Consumption of Oxygen goes up; body gets hot 	<ul style="list-style-type: none"> • Consumption of Oxygen goes down; body temperature drops
<ul style="list-style-type: none"> • Increase in Stamina & Strength is the main focus 	<ul style="list-style-type: none"> • Increase in relaxation, focus, awareness and intuitive ability is the main purpose
<ul style="list-style-type: none"> • Sweat secreted contains toxins and must be wiped off 	<ul style="list-style-type: none"> • Sweat secreted during Pranayama is non toxic and is best absorbed back in the skin by rubbing uniformly
<ul style="list-style-type: none"> • Works better on Skeletal and Cardiovascular muscles 	<ul style="list-style-type: none"> • Stronger effect on Soft and Sphincter muscles
<ul style="list-style-type: none"> • Performed at faster pace has good results 	<ul style="list-style-type: none"> • Performed slowly, preferably with awareness for the breath for better results.
<ul style="list-style-type: none"> • Effects are more physical in nature effecting the physical personality 	<ul style="list-style-type: none"> • Alters electrochemical activity in the nervous system and the effects are more subtle in nature (works on glands & internal organs,)
<ul style="list-style-type: none"> • Promotes catabolism 	<ul style="list-style-type: none"> • Arrests catabolism
<ul style="list-style-type: none"> • Higher chances of wear, tear & injury even if done under guidance 	<ul style="list-style-type: none"> • Extremely low chances of wear, tear or injury especially if done under guidance
<ul style="list-style-type: none"> • High external dependancy: Involves immense support and guidance from external sources 	<ul style="list-style-type: none"> • Higher self dependency: Inspires and encourages the guidance from within
<ul style="list-style-type: none"> • Higher use of instruments props or external inputs 	<ul style="list-style-type: none"> • Uses minimum props or external inputs

An ounce of Practice is better than Tons of Theory.

-Sw Sivanand Saraswati

Yoga is successfully performed by the following six –effort, courage, perseverance, correct understanding, determination and abandoning public contact.

Hatha Yoga Pradeepika

The objective of life is to give up bad deeds and develop good qualities too.

Atharva Veda

Better a single day of life seeing the reality of arising and passing away than a hundred years of existence remaining blind to it.

Anonymous

Just as the door can be opened with a key, so also a yogi opens the door to freedom with the aid of yoga.

Hatha Yoga Pradeepika

There may or may not be (anything like) liberation but here certainly is uninterrupted bliss.

Hatha Yoga Pradeepika

The body invariably wears like an unbaked earthen jar immersed in water. (Therefore) the body must be conditioned by tempering it with the fire of Yoga.

Gherand Samhita

Sickness if prolonged is sin. The rest is merely fallout. Fitness methods –of mind and body is religion; the rest are cults and branded opinions.

-Sarvajna

Yoga does not provide any short cuts in life; it merely helps you to avoid the longer routes to happiness, satisfaction, success and the purpose of life.

-Sarvajna

Yoga practices do not make you healthy or solve your problems; they merely assist you in harnessing, harmonising and helping remove the obstacles faced by the life force within you, which is ever endeavouring for your fitness, health, focus and peace of mind bringing you closer to that, what is yoga.

-Sarvajna

