



Yoga for Daily Life

HEALTH & HUMANITY



Sunrise in Masaai Mara

Yoga Partners



Kenya Vipassana Association



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Preface

This book has been compiled to cover the basic yoga practice in one's life. The booklet is a beginner's guide to school teachers, students and individuals at large and is not exhaustive.

Sincere thanks to all the organizations, institutes, yoga instructors and individuals who have voluntarily come and joined the international yoga day committee to create awareness about yoga for health and humanity. Thanks to the members who have put lots of efforts and worked tirelessly since February 2015 when the committee was formed. Thanks to all the members who have supported and worked towards publishing this booklet.

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1. What is Yoga?

Yoga is a physical, mental, and spiritual practice or discipline that denotes a variety of schools, practices and Individual goals. The best-known being Hatha yoga and Raja yoga. Practice of Yoga leads to a **holistic approach to health and humanity**. Yoga postures and conscious breathing practice has proved to prevent and cure numerous diseases as well as leading to a happy and healthy life. An individual practicing yoga in its real form and purity is known as a Yogi.

The origins of Yoga have been speculated to date back to pre-Vedic Indian traditions. The Yoga Sutras of Patanjali from first half of 1st millennium CE is one of key surviving major texts on Yoga. Hatha yoga texts emerged around 11th century CE. Source: <http://en.wikipedia.org/wiki/Yoga>. Yoga is a practice for the mankind irrespective of creed, cast or origin and is about an individual and his/her body.

Yoga is a complete calming of the movements of the mind. Through steady practice and detachment, when the seer-practitioner restrains the five mental activities – perceived knowledge, misconception, imagination, sleep and memory, then the seer is established in his own essential and fundamental nature, then it is Yoga. **Saint Patanjali**

Yoga does not mean some physical postures: twisting oneself into some impossible postures only. Yoga means to be in perfect tune. Your body, mind and spirit and the existence are in absolute harmony. When you fine-tune yourself to such a point where everything functions so beautifully within you, naturally the best of your abilities will just flow out of you. **Sadguru Jaggi Vasudev**

Yoga is the **science of activating your inner energies** in such a way that your body, mind and emotions function at their highest peak.

Weight loss, a strong and flexible body, glowing beautiful skin, peaceful mind, good health – whatever you may be looking for, yoga is the answer.

Very often, yoga is only partially understood as being limited to asanas (yoga posture). As such, its benefits are only perceived to be at the body level and we fail to realize the immense benefits yoga offers in uniting the body, mind and breath. When you are in harmony, the journey through life is calmer, happier and more fulfilling.

Do you believe, more than 90% of Human population suffer from Stress? **Stress relief:** At least 15 minutes of yoga during the day can be a great way to get rid of your stress that accumulates daily - in both the body and mind. Yoga postures, pranayama and meditation are effective techniques to release stress.

2. Yogi's Lifestyle

Many people practice yoga but yoga is not only a soothing workout. It is also a lifestyle for many people in the world. Below furnished tips will let you know how to live a "yogic" lifestyle and be at peace with your inner self.

Learn to drink water: Water is the source of all life and so yogis drink this. This is good for fasting, relaxation and yoga. You should drink as much water as possible but don't drink it to the point you feel bloated or even sick. Why not drink a ½ liter to 1 liter in the morning and a glass/mug of water every hour you are awake after that?

Ideally we should drink one liter of water for every 20kg of your body weight. Thus, a person of 60kg should drink minimum of 3 liters of water per day. Before you start yoga, 15 to 30 minutes, earlier ensure you drink minimum 250ml of water.

Begin practising yoga: Either at home or at a Yoga Class, this is both enjoyable and relaxing plus it is great to tone up or even lose weight. Remember Yogasana need to be done slowly and with proper breathing technique to be followed at every step.

Diet: Vegetarian diet is a Yogi's diet.

"Being a Yogi one should not eat too much, or starve himself/ herself. Yoga is not for the person who sleeps too much, or who doesn't sleep at all. The middle path is Yoga. The Yogi knows how much to eat, to sleep, to speak. That is the middle path. You should go neither to that extreme, nor to this extreme. So, don't abruptly cut off your senses. Allow the senses to enjoy the world, but don't get carried away with them. If we know there is a limitation in everything, then life will be good to us.

When dealing with others – A Yogi must have restraints in which no physical effort is imposed. It is divided into 5 moral injunctions. Ahimsa – Non-violence, Satyam – truthfulness, Brahmacharya – control of all senses, Asteya – non-stealing, Aparigraha – non-covetousness

When dealing with oneself – He/She must impose restraints on oneself. It is divided into 5 ethical precepts. Saucha – internal and external cleanliness (purity), Santosha – contentment, Tapas – austerity, Swadhyaya – study of the sacred texts, Ishwara Pranidhana – constantly living with awareness of the divine presence

3. What is SuryaNamaskar (Sun Salutation)?



Daily practice of Surya Namaskar – the reason for healthy, efficient and energetic day.

Sūrya Namaskāra also known in English as Sun Salutation ("salute to the sun") is a common sequence of asana (Yoga Postures).

It is a combination of 12 physical postures. Its origins lie in India where its large population has been showing respect to the SUN by doing Surya Namaskar and at the same time benefitting from its effects. Without the Sun, there will be no life on Earth as it is the source of Energy. June 21 (International Yoga Day), which is the Summer Solstice, is the longest day of the year in the Northern hemisphere, receiving maximum energy from the sun and has a special significance in many parts of the world. Surya Namaskar calms the mind and helps to improve concentration. It is a set of 12 postures preferably to be done at the time of sunrise. Its regular practice improves circulation of the blood throughout the body, maintains health, and helps one remain disease-free. From head to toe, every part of the body is greatly benefitted by Surya Namaskar, which is why it is highly recommended by all yoga experts.

It revitalizes the body and refreshes the mind, making us ready to take

on all tasks of the day. When done at a fast pace, Surya Namaskar is an excellent cardiovascular workout and a good way to lose weight as well.

How to perform Surya Namaskara?

Every morning during sunrise or within 1hr of Sunrise, is an ideal time to perform Surya Namaskara. On empty stomach drink 120ml of water before you do Surya Namaskara.

One has to perform 12 Surya Namaskara with 12 physical postures as follows.

1 Namaskarasana (Prayer Pose)

Stand erect with feet together. Join the palms together in front of the chest. Concentrate on standing straight, steady and in a prayerful attitude. This posture helps to induce a state of introversion, relaxation and calmness. Exhale fully.



2 Hasta utthanasana (Raised Arms pose)

Inhaling stretch both arms above the head, palms facing upward. Arch the back and stretch the whole body. It expands the various lobes in the lungs and puts more oxygen which increases the oxygen level in the body.

3 Hasta Padasana (Hand to Foot pose)

Exhaling bend the body forward and down, keeping the spine straight. Avoid collapsing the chest or "over-rounding" the upper back. Keep the legs straight and perpendicular to the ground.

This posture massages the abdominal organs, especially the liver, kidneys, pancreas, adrenals, uterus and ovaries. The power of digestion increases and female disorders such as prolapse and menstrual irregularities are relieved. A healthy flow of blood is sent to the spinal nerves as they are stretched and toned. The hamstring muscles at the back of the thigh and calf muscles are stretched and toned. Inversion increases blood flow to the brain.



4 Ashwa Sanchalanasana (Equestrian pose)

On your next inhalation, extend the left leg back and drop the knee to the ground. The right knee is bent and kept between the hands and the right foot placed flat on the ground. Lift the spine and open the chest. Concentrate at the eyebrow center. The right leg and left leg are interchanged in the next surya-namaskar set. It opens groin and psoas muscles improving flexibility of the hips, strengthens knees, ankles, and waist. It is therapeutic for indigestion, constipation, and sciatica.



5 Chaturanga Dandasana (Stick pose) or one can do posture 8. On the exhalation bring the right leg back to join with the left leg and keep body in one plane like a straight stick. It builds upper and core body strength, lengthens the spine and strengthens the low back muscles.



6 Sashtanga Namaskara (Salute With Eight Parts Or Points)

Exhaling gently drop both knees to the ground and slowly slide the body down at an angle as you bring the chest and chin to the ground. All eight limbs - toes, knees, chest, hands and chin - touch the floor. The buttocks are kept up. Hold the breath. This posture develops the chest and strengthens arms. It sends additional blood to this area helping to rejuvenate the nerves.



7 Bhujangasana (Cobra pose)

On the inhalation, lower the hips while pushing the chest forward and upward with the hands, until the spine is fully arched and the head is facing up. The knees and lower abdomen remain above the floor. This pose gives dynamic expansion to the organs of the chest and abdomen, relieving many ailments such as asthma, indigestion, kidney and liver problems. It is very helpful in relieving tension in the back muscles and spinal nerves.



8 Parvatasana (Mountain pose)

Raise the buttocks and lower the head between the arms, so that the body forms a triangle with the floor while still keeping the arms and feet in the same place. Try to place the heels flat on the ground. Focus awareness at the neck area. This posture strengthens the nerves and muscles in the arms and legs, stretches the calf muscles and Achilles' tendons and makes the spine straight and taut. It relieves varicose veins and tones spinal nerves.



9 Ashwa Sanchalanasana (Same as asana # 4 but with the other leg forward): Breathe in as you come in this posture.

10 Hasta Padasana (Same as asana # 3): Breathe out as you come to this posture.

11 Hasta utthanasana (Same as asana # 2): Breathe in as you come in this posture.

12 Namaskarasana (Same as asana # 1): Retain your breathe, for a few seconds.

“A person experiences life as something separated from the rest - a kind of optical delusion of consciousness. Our task must be to free ourselves from this self-imposed prison, and through compassion, to find the reality of Oneness.”

- Albert Einstein -

“Yoga is like music: the rhythm of the body, the melody of the mind, and the harmony of the soul create the symphony of life.”

- B.K.S Iyengar -

4. Yogasana and its Benefits

The Yoga postures or physical exercise with correct breathing practice is called the Yoga Asana which is only one stage of Yoga. There are more than 500 Asana. Yoga incorporates stretching and relaxation, which reduces tension in stress-carrying muscles. Yoga helps increase strength in very specific muscles and muscle groups. Many of the postures in yoga gently strengthen the muscles in the back, as well as the abdominal muscles. These postures are scientifically chosen as they flex and energize all muscles respectively in the body in equilibrium.

There are basically two ways to classify asanas or yoga poses. The first is according to their names. Some asanas have the name of an animal, like the Dog Shvanasana, the Snake Bhujangasana, the Locust Shalabhasana, the Peacock Mayurasana, the Fish Matsyasana. Other asanas are named after a sage, like Matsyendrasana (According to legend, Matsyendra was the first human to hear about Hatha-Yoga), Gorakshasana (Goraksha is the author of the first Hatha-Yoga book, the Goraksha Samhita). Some asanas have the name of a natural form or being, like Chandrasana (and Ardha -Chandrasana) the Moon or half moon, Vrikshasana the Tree, while others represent a person at different ages, like Balasana, the Child.

A second way of classifying poses is according to the position of the body AND to the position of the spine. Day to day, our bodies assume three basic positions: Standing (on the legs), Sitting and Reclining. Yoga adds two more: Inverted (upside-down) and Handstanding. Sitting is on our buttocks; Standing is on our feet and eventually, on the knees; Reclining is on our back, stomach or side; Inverted is on our head or shoulders; Handstanding is on our hands and eventually, on the elbows.

Standing Postures:

Viparita Virabhadrasana (Reverse Warrior Pose)



Benefits: This posture helps to open the ribs and makes the body more flexible. It also gives a boost to self-confidence.

Steps:

Step 1- Stand erect and breathe in.

Step 2- Slide your right leg outwards, but both your legs should be in the same line.

Step 3- You can slightly bend your right knee while the left knee should be straight and locked.

Step 4- Keep your right hand upwards.

Step 5- Bend your right hand towards your left side. Keep in mind that your palm should be towards the ceiling.

Step 6- Keep your left hand downwards and straight.

Step 7- Place your left palm on your left knee.

Step 8- Bend your body a little towards your right side.

Step 9- Look upwards and keep your breathing normal.

Step 10- Stay in this position for 30 seconds.

Step 11- Return to the original position by putting your right hand down, straightening your left leg and standing erect. Repeat the same with the other side.

Dekasana (Airplane Pose)



Benefits: This yoga posture helps to increase the concentration level. It teaches kids to maintain balance and helps to strengthen the legs, the chest and hands.

Step 1- Breathe in and stand straight.

Step 2- Put your right leg forward. Both your knees should be straight and locked.

Step 3- Lean your body a little forward.

Step 4- Raise your arms upwards on either side to maintain your balance. Your body pose should be like a flying aero plane.

Step 5- Stay in this posture for a few seconds.

Step 6- Put your arms down and stand straight.

Trikonasana (Triangle Pose)



Benefits: Triangle pose helps in stretching, as well as, strengthening the hands, spinal cord and chest. It also aids in improving the digestion system.

Step 1- Stand erect and inhale.

Step 2- Apart your feet while exhaling. Both your knees should be locked.

Step 3- Raise your hands towards the ceiling and stretch your body upwards.

Step 4- Bend your body on your right side.

Step 5- Lower down your right hand and put it besides your right foot while trying to keep the body in one plane.

Step 6- Lock your elbows and look towards your raised left palm.

Step 7- Stay in this position for several seconds.

Step 8- Then, stand straight and repeat this pose with your left leg.

Utkatasana (Chair Pose)



Benefits: This posture helps in strengthening the legs, as well as, stretches the shoulders.

Step 1- Stand straight.

Step 2- Inhale, raise your hands upwards and stretch your body a little.

Step 3- Bend your knees enough to stand properly.

Step 4- Breathe normally and hold this pose for a few seconds.

Step 5- Straighten your legs while breathing in and bring down your hands while exhaling.

Sitting Postures:

Padmasana (Lotus Pose)



Benefits: This yoga pose works as a great stress-buster, which ultimately relaxes your body and provides you peace of mind. Opens up the hips /Stretches the ankles and knees /Calms the brain / Keeps the spine straight/Eases menstrual discomfort and sciatica

In padmasana / lotus pose, you cross your legs and place your feet in the crooks of your hips, resembling the folded petals of the lotus flower.

Step 1- Breathe in and sit down, crossing your legs.

Step 2- Place your hands on your knee in chin mudra (both your thumb and forefinger touch each other and remaining fingers are stretched out). Your back should be straight.

Step 3- Stay in this position for 1 minute or so and breathe normally, then deeply.

Balāsana (Child's Pose)



Benefits: Child's pose stretches the legs and hips. Besides this, it also helps in calming the mind down.

Step 1- Inhale, bend your knees backwards and sit down.

Step 2- Now, breathe normally and bend your body forward.

Step 3- Put your hands backwards and keep your knuckles on the floor.

Step 4- Put your head down and keep your forehead on the ground

Step 5- Make sure that your bent body touches your thighs.

Step 6- Stay in this position for a few relaxing breaths.

Step 7- Put your hands forward and sit down.

Marjaryasana Bitilasana (Cat Cow Pose)



Benefits: Cat cow pose massages the organs and spinal cord gently, and helps in stretching the neck and the torso.

Step 1- Kneel down. Remember, your knees should be underneath your hips and hands should be underneath your shoulders.

Step 2- Your hands should be straight and elbows shouldn't be bent.

Step 3- Let your tummy slightly sink towards the floor while inhaling. Look towards the ceiling. (Cow pose)

Step 4- Now, exhale and slightly raise your tummy towards the ceiling. Look towards your belly. (Cat pose)

Step 5- Repeat this pose 2-3 times.

Simhasana (Lion Pose)



Benefits: Lion pose helps in stretching the lower body, relieving stress and calming the mind.

Step 1- Inhale, bend your knees backwards and sit down.

Step 2- Put your palms on your knees. Spread out your fingers.

Step 3- Exhale and bend your body a little forward.

Step 4- Inhale deep through nose.

Step 5- Open your mouth and take out your tongue.

Step 6- Exhale out through your mouth making a loud 'Roar'.

Step 7- Repeat this pose many times.

Reclining Postures:

Navasana (Boat Pose/Double Boat Pose)



This is really a fun yoga for your kids. Your kids will surely love this one.

Benefits: It improves the digestion system, strengthens your back bone and helps you to learn teamwork. It is a great stress-buster pose.

Step 1- Sit down facing your partner.

Step 2- Both of you raise your legs slightly upwards. Join your toes with the partner's toes.

Step 3- Now, raise your hands and hold each other's hands.

Step 4- Use some pressure and push your partner's soles.

Step 5- Breathe normally and return to the original state by first putting your feet down slowly and then, releasing your hands.

Step 6- Finally, sit in a relaxed position.

Dhanurasana (Floor Bow Pose)



Benefits: This yoga posture helps the kids in improving their body posture, stretching out their whole body and helps in strengthening the back muscles.

- Step 1-** Lie down prone on the ground.
- Step 2-** Bend your knees while exhaling.
- Step 3-** Keep your hands backwards.
- Step 4-** Hold your toes with your palms.
- Step 5-** Stretch your body and look forward.
- Step 6-** Stay in this position for 5-7 seconds.
- Step 7-** Then, release your toes and lie comfortably.

Sarvangasan (All Body Parts Posture - Shoulderstand)



Incorrect position

This Posture is known as the “Queen” or “Mother” of all Asana. Sarva meaning “all” or “every”, Anga meaning “limb” or “bodypart”, and asana meaning “posture”

Benefits: This pose benefits all parts of the body. It works on us from head to toe. Sarvangasana and its variations serve as an all-purpose energizer, stretching ligaments and muscles of the cervical region, stimulating circulation, strengthening the back, toning the abdominal organs eliminating constipation and refreshing the mind. It keeps the

thyroid healthy which in turn keeps the body active and healthy. Beneficially influences the Pelvic organs, both on male and females. It is also useful in curing varicose veins, pile and hernia.

While lying on the floor:

Step 1- Raise both legs to 45.

Step 2- Further raise the legs to vertical position (90°).

Step 3- Raise the back and let the legs go over the head to half way (135°).

Step 4 - Straighten the legs in line with the back into vertical position and support the back with your palms. Stay in this position for 10 seconds.

Step 5 - Lower the legs over the head as in position (iii).

Step 6 - Slowly the back as in position (ii).

Step 7 - Same as position (i).

Step 8 - Back to lying position.

5. What are Mudras?

Health in Your Hand: 10 Mudras for Amazing Health Benefits.

Mudras are very powerful. If one practices these mudras regularly he/she can realize the wonderful health benefits.

Gyan Mudra (Mudra of Knowledge):

Method:

Touch the tip of the thumb to the tip of the index finger, with the other three fingers stretched out.



Specialty:

As it is a mudra of knowledge, it enhances the knowledge. The tip of thumb has centers of pituitary and endocrine glands. When we press these centers by index finger the two glands work actively.

Time duration:

There is no particular time duration for this mudra. You can practice by sitting, standing or lying on bed whenever and wherever you have time.

Benefits:

- Increases memory power and sharpens the brain.

- Enhances concentration and prevents Insomnia.

If we practice it regularly, it will cure all psychological disorders like Mental, Hysteria, Anger and Depression.

Prithvi Mudra (Mudra of Earth):

Method:

Tip of the ring finger touches the tip of the thumb, with the other three fingers stretched out.

Specialty:

It reduces all physical weaknesses.



Time Duration:

It has no particular time duration. You can practice it any time you want.

Benefits:

- It helps to increase the weight for weak people.
- It improves the complexion of skin and makes the skin to glow.
- It makes the body active by keeping it healthy.

Varuna Mudra (Mudra of Water):

Method:

Tip of little finger touches the tip of thumb, with the other three fingers stretched out.

Specialty:

It balances the water content and prevents all diseases which come due to lack of water.



Time Duration:

It has no specific time duration and one can practice it according to their time.

Benefits:

- It retains clarity in blood by balancing water content in the body.
- Prevents the pains of Gastroenteritis and Muscle Shrinkage.

Vayu Mudra (Mudra of Air):

Method:

Keep the index finger on the base of the thumb and press with thumb keeping the other three fingers straight.



Specialty:

It prevents all the diseases that occur due to the imbalance of the air.

Time Duration:

The practice of this mudra for 45 minutes reduces the severity of the disease in 12 to 24 hours. For better results practice it for two months.

Benefits:

- It cures Rheumatism, Arthritis, Gout, Parkinson's disease and paralysis without any medicine.
- It is useful for Cervical Spondylitis, paralysis to face and catching of nerve in neck.
- It corrects the disorder of gas in the stomach.

Shunya Mudra (Mudra of Emptiness):

Method:

Keep the middle finger at the mount of Venus and press it with thumb.



Specialty:

It reduces the dullness in our body.

Time Duration:

One can practice it for 40 to 60 minutes daily until to be cured from the disease.

Benefits:

- It relieves an earache within 4 or 5 minutes.
- It is useful for the deaf and mentally challenged, but not for inborn ones.

Surya Mudra (Mudra of Sun):

Method:

Bend the ring finger and press it with thumb.



Specialty:

It sharpens the center in thyroid gland.

Time Duration:

Practice it daily twice for 5 to 15 minutes.

Benefits:

- It reduces cholesterol in body and helps in reducing weight.
- It reduces anxiety.
- It corrects indigestion problems.

Prana Mudra (Mudra of Life):**Method:**

Bend ring finger and little finger and touch the tip of thumb with their tips keeping the remaining two fingers stretched.

**Specialty:**

As it is the mudra of life, it improves the power of life. Weak people become strong. It reduces the clamps in blood vessels. If we practice it regularly, we will become active.

Time Duration:

No specific time duration. One can practice it any time.

Benefits:

It improves immunity

Improves the power of eyes and reduces eye related diseases

- It removes the vitamin deficiency and fatigue.

Apana Mudra (Mudra of Digestion):**Method:**

The tips of middle finger and ring finger touch the tip of thumb while the other two fingers are stretched out.

**Specialty:**

It plays an important role in our health as it regulates the excretory system.

Time Duration:

Practice it daily for 45 minutes, but practice for longer time yields more benefits.

Benefits:

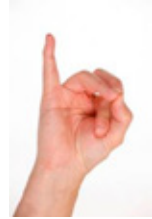
- It regulates diabetes.
- It cures constipation and piles.

- It helps excreting the normal waste regularly.

Apana Vayu Mudra (Mudra of Heart):

Method:

The tips of the middle finger and ring finger touch the tip of thumb, while the index finger touches the base of thumb and little finger stretched out.



Specialty:

It benefits the heart. It works like injection in the reduction of heart attack. It is as powerful as sorbitate tablet. It reduces the gas content in body.

Time Duration:

Practice it as many times as you can. Heart patients and BP patients can practise it for 15 minutes daily twice for better results.

Benefits:

- It strengthens the heart and regularizes palpitation.
- It regulates excretory system.
- It redeems gastric trouble.

Linga Mudra (Mudra of Heat):

Method:

Interlock the fingers of both the hands and keep the thumb of the left hand vertically straight and encircle it with the thumb and the index finger of the right hand.



Specialty:

It generates heat in our body. Take milk, ghee, more water and fruit juices in addition to practice of this mudra for much benefits.

Time Duration:

Practise it any time you want. But don't practise it a lot as it produces heat in the body. It can cause sweating even in winter if you practise it longer.

Benefits:

- It stops production of phlegm and gives power to lungs.
- It cures severe cold and bronchial infection.
- It invigorates the body.
- It is amazing but true. If you want to see the results, start today!

6. Pranayama (Rhythmic Control of Breathing)

PRANAYAMA is PRANA + AYAM = PRANAYAMA, PRANA means energy and AYAM means exercise, Means "Exercise with Energy" called PRANAYAMA or Rhythmic control of breathing. Our normal breathing is inhale pause exhale pause and then again inhales. Normally the ratio is like; take 4 second to inhale, 6 second to pause and 8 seconds to exhale. Normally we (Human Being) breathe, 13 to 15 times in a minute. With PRANAYAMA you can reduce up to 6 to 8 breathe in a minute. This is going to help to increase your age.

The timing for PARNAYAMA is best early in the morning before sunrise at about 4.30 to 6.30 AM is the best time for breathing on an empty stomach. At that the time the air is full of oxygen and there is a good atmosphere at this time. Another but less favourable option is 6.00 to 7.30 PM before dinner.

We have five elements and when they are in balance our body is healthy. If any elements become excess or less, disease occurs. E.g. Excess water in the body called swelling or floppiness edema and insufficient water in the body is called dehydration. To balance our elements we need to modify our diet, to do adequate exercise and to do regular meditation. These three things can avoid many diseases and make one healthier.

There are 8 types of breathing (PRANAYAMA):

1. BHASTRIKA (Bellows) PRANAYAMA.
2. KAPALBHATI (Forehead) PRANAYAMA.
3. ANULOM VILOM (Pulse cleaning) PRANAYAMA.
4. BHRAMARY (Beetle) PRANAYAMA.
5. UJJAYEE (Throat action) PRANAYAMA.
6. SOORYA BHEDAN (Sun Pulse) PRANAYAMA.
7. CHANDRA BHEDAN (Moon Pulse) PRANAYAMA.
8. SHEETALY & SHITKARI (Air Sucking) PRANAYAMA.

These are most important to make you healthy and even to prevent many deadlier diseases. The first 3 PRANAYAMA are the most important for a normal person, who is healthy and wants to remain healthy. The other 5 are approved to cure different diseases. The first three are described here:

BHASTRIKA (Bellows) PRANAYAMA.

This PRANAYAMA is good to start before all other PRANAYAMA and even before any other exercise. It makes your body ready to do anything. It helps to remove gas and tension from your stomach. It helps to be more flexible and improves concentration. This PRANAYAMA makes abdominal muscles strong and improves digestion.

Method: Sit in any sitting position like lotus or cross legs. Sit straight and erect your spine, close your eyes and start deep breathing. The stomach is stretched while inhaling and it goes in while exhaling like bellows. Do it for about 5 to 10 minutes.

KAPALBHATI (Forehead) PRANAYAMA

KAPALBHATI means to shine your forehead, this PRANAYAMA is good for sinus, blocked nose, snoring and throat problems. It removes all mucous and toxins from facial and brain areas.

Method: Sit straight with erect spine in any sitting position like lotus or cross legs. Close your eyes and start breathing out forcefully, like blowing your nose to remove mucous. In this PRANAYAMA you should always remember you are only exhaling, inhaling is hidden. This breathing out should be 90 to 120 in a minute and be done about 500 times. If you are doing it for weight loss then it should be done for 1000 times a day or for 20 minutes in the morning and 10 minutes in the evening before meal.

ANULOM VILOM (Pulse Cleaning) PRANAYAMA



This PRANAYAMA is very good to clean and oxygenate your blood and pulse. All diseases are born because of excess heat, cold and toxins in blood which affects the heart, liver, kidneys and lungs. This PRANAYAMA helps purify and oxygenate your blood and calms your brain. It helps in meditation and makes one happy.

Method: Sit straight with erect spine in any sitting position like lotus or cross legs. Close your eyes and start breathing. Inhale from the left

nostril, pause and exhale from the right nostril and pause. Then Inhale from right nostril, pause and exhale from the left nostril. Continue this process for 10 to 20 minutes. In the beginning of the process, the ratio for the breathing is 4:6:8. i.e. Inhale for 4 seconds, pause for 6 seconds and exhale for 8 seconds. (Double the time is required to exhale to remove the toxic gases and carbon dioxide).

7. Meditation

Raja Yoga meditation redefines the self as a soul and enables a direct connection and relationship with the Supreme Source of purest energy and highest consciousness. Every soul has a right to experience this ultimate relationship.



Meditation enables you to embark on this inward journey. Raja Yoga meditation gives you a clear spiritual understanding of yourself, helps you re-discover and use the positive qualities already latent within you, enables you to develop your strengths of character and create new attitudes and responses to life.

10 to 20 minutes each morning or evening. Find a quiet place and relax. "Meditation music or music of natural sounds of water, rain, birds may be played"

Sit comfortably (don't slouch).

Gently withdraw your attention from all the sights and sound outside. Become the observer of your own thoughts not judging. Gradually allow your thoughts to slow down and feel yourself relax.

Create one thought about yourself, such as, "I am a peaceful being". Hold that thought on the screen of your mind and visualize yourself being peaceful, quiet and still.

Now visualize yourself being in this state of mind in normal interactions and situations.

Finish your meditation by closing your eyes for a few moments and creating complete silence in your mind.

8. Ayurveda (System of Natural Healing)

Ayurveda is a 5,000-year-old, perhaps the most ancient, system of natural healing. It has originated in the Vedic culture of India. Traditional Chinese Medicine and Tibetan medicine both have their roots in Ayurveda. Early Greek medicine also followed many concepts originally described in the classical ayurvedic medical texts dating back thousands of years. It is heading towards the effective medicinal practice in 21st century.

Yoga is over all personality development at physical, mental, emotional, intellectual and spiritual levels. In Patanjali yoga sutra (most relevant text on yoga), it was said that the mind is purified by yoga, speech by grammar and impurities of physical body by Ayurveda. Ayurvedic knowledge is very important for yoga practitioners to know what one should eat and what not. So Yoga and Ayurveda always go hand in hand.

Ayurveda is a science of life (Ayur means life and Veda means science or knowledge). More than a system of medicines, it is a way of healthy living. It offers a body of wisdom to keep people fit and vital while realizing their full human potential. It provides guidelines on diet, behavior, the proper use of our senses and ideal daily and seasonal routines. Ayurveda suggests that health is the balanced and dynamic integration between our environment, body, mind, and spirit.

Ayurveda has recognized that human beings are part of nature. It describes three fundamental energies that govern our inner and outer environments: movement, transformation, and structure. These are called as Vata (Wind), Pitta (Fire), and Kapha (Earth), these primary forces are responsible for the characteristics of our mind and body. These three forces shape our nature in a unique proportion. If Vata is dominant in our system, we tend to be thin, light, enthusiastic, energetic, and changeable. If Pitta predominates in our nature, we tend to be intense, intelligent, and goal-oriented and we have a strong appetite for life. When Kapha prevails, we tend to be easy-going, methodical, and nurturing. Even though each of us has all three forces, most people have one or two elements that predominate.

For each dosha (attribute), there is a balanced and imbalanced expression. When Vata is balanced, a person is lively and creative,

but when there is too much movement in the system, a person tends to experience anxiety, insomnia, dry skin, constipation, and difficulty focusing. When Pitta is functioning in a balanced manner, a person is warm, friendly, disciplined, a good leader, and a good speaker. When Pitta is out of balance, a person tends to be compulsive and irritable and may suffer from indigestion or an inflammatory condition. When Kapha is balanced, a person is sweet, supportive, and stable but when Kapha is out of balance, a person may experience sluggishness, weight gain, and sinus congestion.

An important goal of Ayurveda is to identify a person's ideal state of balance, determine where they are out of balance, and offer interventions using diet, ayurvedic medicines, Pancha karma therapies, massage treatments, music, and meditation to reestablish balance.

According to Ayurveda, each of us inherits a unique mix of three mind/body principles which creates our specific mental and physical characteristics. These three principles are called doshas.

Using the principles of Ayurveda, we can identify our mind/body nature and use this understanding to make the most nourishing choices in our lives. It is common for people to have a blend of characteristics and usually one or two will tend to dominate. By knowing your mind/body nature, ayurveda recommends certain precautions to bring the equilibrium of tridoshas.



9. Yoga for Prevention & Cure

Problem	Asana Reference		Pranayama
	Posture	Chart code	
High Blood Pressure	Pavana Muktasana	A1	Bhastrika Bramari
Diabetics	Dhanurasana	A2	Kapalabhati
	Sarvangasana	A3	
	Ardha Matsyendrasana	A4	
	Bhujangasana	A5	
Anger	Shashankasan	A6	Anulama –Viloma Bramari
	Sarvangasana	A3	
Indigestion/ Constipation/ Acidity	Pavana muktasana	A1	Kapalabhati
	Halasana	A7	
	Ardha Matsyendrasana	A4	
	Uttanapadasana	A8	
Obesity	Ardha halasana	A9	Kapalabhati
	Uttanapadasana	A8	
Asthma/Cold/ Cough/Allergy	Ushtrasana	A10	Bhastraika Kapalabhati Anulama –Viloma
	Matsyasana	A11	
	Makarasan	A12	
Back Pain	Chakrasana	A13	
	Sethubandh Sarvangasan	A14	
	Bhujangasana	A5	
	Shalabhasan	A15	
	Dhanurasan	A2	

“Yoga teaches us to cure what need not be endured and endure what cannot be cured”

- B.K.S. Iyengar -

**A1 –PAVANA
MUKTASANA**



A2-DHANURASANA



A3-SARVANGASANA



**A4-ARDHA
MATSYENDRASANA**



A5- BHUJANGASANA



A6-SHASHANKASANA



A7-HALASANA



**A8- UTTANA
PADASANA**



**A9 – ARDHA
HALASANA**



A10-USTRASANA



A11-MATSYASANA



A12-MAKARASANA



A13-CHAKRASANA



**A14-SETHUBANDA
SARVANGASANA**



A15-SHALABASANA



NOTES

175 nations co-sponsor the United Nations resolution to declare International Day of Yoga on 21st June, every year.





General Assembly

Distr.: General
9 January 2015

Sixty-ninth session
Agenda item 124

Resolution adopted by the General Assembly on 11 December 2014

[without reference to a Main Committee (A/69/L.17 and Add.1)]

69/131. International Day of Yoga

The General Assembly,

Recalling its resolutions 66/2 of 19 September 2011 on the Political Declaration of the High-level Meeting of the General Assembly on the Prevention and Control of Non-communicable Diseases and 68/98 of 11 December 2013 on global health and foreign policy,

Reaffirming General Assembly resolutions 53/199 of 15 December 1998 and 61/185 of 20 December 2006 on the proclamation of international years, and Economic and Social Council resolution 1980/67 of 25 July 1980 on international years and anniversaries,

Noting the importance of individuals and populations making healthier choices and following lifestyle patterns that foster good health,

Underscoring the fact that global health is a long-term development objective that requires closer international cooperation through the exchange of best practices aimed at building better individual lifestyles devoid of excesses of all kinds,

Recognizing that yoga provides a holistic approach to health and well-being,

Recognizing also that wider dissemination of information about the benefits of practising yoga would be beneficial for the health of the world population,

1. *Decides* to proclaim 21 June the International Day of Yoga;
2. *Invites* all Member and observer States, the organizations of the United Nations system and other international and regional organizations, as well as civil society, including non-governmental organizations and individuals, to observe the International Day of Yoga, in an appropriate manner and in accordance with national priorities, in order to raise awareness of the benefits of practising yoga;
3. *Stresses* that the cost of all activities that may arise from the implementation of the present resolution should be met from voluntary contributions;
4. *Requests* the Secretary-General to bring the present resolution to the attention of all Member and observer States and the organizations of the United Nations system.

69th plenary meeting
11 December 2014



Spreading Happy, Healthy Living across Africa for 30 years.



This is a special time for Bidco. We are no longer Bidco Oil Refineries, we are now Bidco Africa.

This is not just a name change, it's a celebration of who we are - an African company that believes in the African dream.

It is our desire to spread the Happy Healthy Living experience across Africa and to take the lead in Agribusiness by growing together with farmers, distributors and the Bidco Family.

Thank you for being a part of the Bidco story.

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