

BE HAPPY WITH YOGA



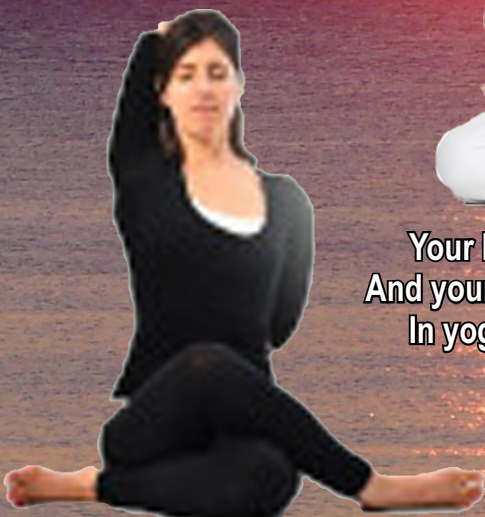
**Add years to your
life and life to your years
just by embracing yoga
in your life.**



**The nature of yoga
is to shine the light
of awareness into
the darkest corners
of the body**



**Your body exists in the past
And your mind exists in the future
In yoga, they come together
in the present**



**Yoga does not
transform the way
we see things.
It transforms the person**



**Yoga is the art work
of awareness
On the Canvas of body,
mind, and Soul**

By: Satya Prakash Bhardwaj

PREFACE

I think you will agree with me when I say the world is a pretty crazy place. I mean we all wake up early in the morning, take our break fast, disappear into our daily responsibilities (which can be work or school) return home, try to get some few hours of sleep and then wake up and repeat everything again.

What are we really doing to ourselves? We have made ourselves so busy that we have lost touch with our inner selves; which is okay's except for the fact that, that type of life is affecting our health negatively by piling up stress in our body and mind.

You know that we need, a breather and this guide has the perfect one for you" yoga"

Yoga has been integral part of Indian culture for thousands of years. However, during this long-time interval the immeasurable meaning of yoga has somehow been lost. At present in most of the countries in the world and in our country too, people are aware of "yoga" as a method of exercise.

For a long time now yoga has been known to work wonders on the body and mind. Basically, it helps you get in touch with your inner self in a process that releases stress from your body, calms your mind and boosts your strength. After a session of yoga, you glow and feel light. Now, who wouldn't want that.

If you are searching for a form of yoga that gives you a toned body, better management of your emotions and a road to attain spiritual liberation, try out yoga

As you continue with your asanas, you will notice your self to be calmer. Your mind will be guitar and stiller. Believe it or not, these practices are not just for hermits, you can also aim at reaching these stages while continuing your life in the material world. It will take years and years of sustained practice, but it is definitely doable.

Let's get started and start living a more spiritual, healthier and complete life by following yoga.

This guide will introduce you to this magical method known as yoga. By reading it you will get to know the history of yoga, benefits of yoga, difference between yoga and exercise etc, you need to start practicing it. You will also learn some yoga Posture and routines that you can do free your mind and stress while strengthening your body.

We hope that this book will not only increase the understanding of readers but will also play an important role in helping to know one self and progress on the inner spiritual path.

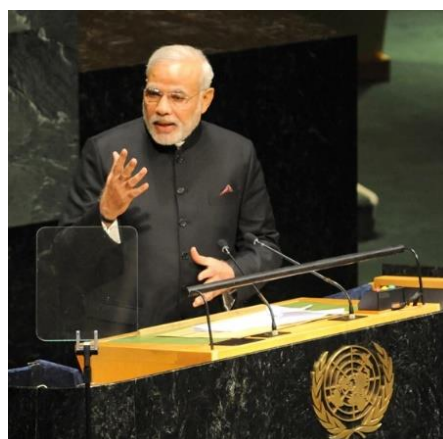
Are you ready to learn how to channel your inner yogi? Here's what we'll cover in this book "Be Happy with Yoga".

I invite you to share your thoughts and comments with us. Do write to www.sanstha.org

Satya Prakash Bhardwaj
(Chairman)
Shraddha Seva Sanstha (Regd.)

Introduction of Yoga

While addressing the 69 Session of United Nations General Assembly (UNGA) on September 27, 2014, the Honorable Prime Minister of India Sh. Narendra Modi urged the world community to adopt an International Day of Yoga.



“Yoga is an invaluable gift of ancient Indian tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment, harmony between man and nature and holistic approach to health and well being.

Yoga is not about exercise but to discover the sense of oneness with ourselves, the world and the nature. By changing the life style and creating consciousness, it can help us to deal with climate change. Let us work towards adopting an “International Yoga Day” Sh. Narendra Modi said.

On December 11, 2014 the 193 member UNGA approved the proposal by consensus with a record 177 co-sponsoring countries a resolution to establish 21st June as "International Day of Yoga".

In its resolution, the UNGA recognised that yoga provides a holistic approach to health and well being and wider dissemination of information about the benefits of practicing yoga for the health of the world population. Yoga also brings harmony in all walks of life and thus, is known for disease prevention, health promotion and the management of many lifestyle - related disorders. This booklet intends to give a brief over view about yoga and yogic practices to orient one towards comprehensive health for an individual and the community.

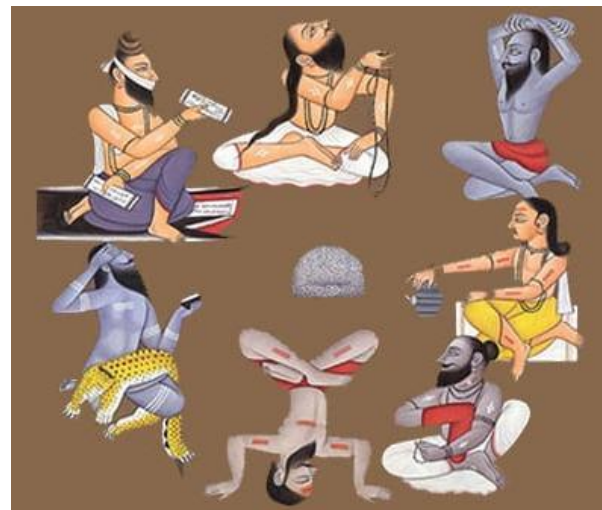
What is yoga? : - Yoga is essentially a spiritual discipline based on an extremely subtle science which focuses on bringing harmony between mind and body. It is an art and science for healthy living. The word "YOGA" is derived from the "Sanskrit root "yuj" meaning "to join" “to yoke" or "to unite". According to yogic scriptures, the practice of yoga leads to the union of individual consciousness with universal consciousness. According to modern scientists, everything in the universe is just a manifestation of the same quantum firmament. One who experiences this oneness existence is said to be "in yoga" and is termed as a yogi who has attained a state of freedom referred to as mukti, nirvana or moksha “yoga” also refers to an inner science comprising of a variety of methods through which human beings can achieve union between the body and the mind to attain self-realization. The aim of yoga practice (Sadhana) is to overcome all kinds of sufferings that lead to a sense of freedom in every walk of life with holistic health, happiness and harmony.

History : - The science of yoga has its origin thousand of years ago, long before the first religion or belief systems were born. According to yogic lore, Shiva has been seen as the first yogi or adiyogi and the first guru or adiguru that is the father and founder of yoga. He is the foremost among the yogis and the first teacher of the science of yoga. He is the representation of flawless meditation and spirituality. Lord Shiva is always seen meditating in the silence of the mountains of Kailash and sitting in a lotus pose. His meditating and yogic energies are so high that he controls the entire functioning of the universe in his subconscious mind.

Shastras say that Lord Shiva first imparted his knowledge on yoga and meditation to his wife Parvati. It is only after this that the cosmic joining of Lord Shiva and Goddess Parvati happened. On the night of their union Shiva and Parvati started the dance of mystic Love. It is described as "UJYATE ANENA ITI YOGAH" which means one that joins is yoga.

On the night when Lord Shiva for the first time shared the secrets of yoga to his wife, he became the Adi Guru of yoga. He taught Parvati 84 Asanas of yoga which belong to vadic parampra. These 84 Asanas have the power to give the person the best way of the Rajyoga.

The science of yoga has its origin thousands of years ago, long before the first religion or belief systems were born. Several thousand years ago on the bank of Lake Kantisarovar in Himalayas "adiyogi" poured his profound knowledge into legendary "Saptarishi or Seven Sages". These sages carried this powerful yogic science to different parts of the world including Asia, the Middle East, Northern Africa and South America. Interestingly, modern scholars have noted and marvelled at the close parallels found between ancient cultures across the globe. However it was in India that the yogic system found its fullest expression. Agastya the saptarishi who travelled across the Indian subcontinent, crafted this culture around a core yogic way of life.



The Number of seals and fossil remains of Indus Saraswati Valley civilization with yogic motives and figures performing yoga Sadhana suggests the presence of yoga in ancient India. The phallic symbols, seals of idols of mother Goddess are suggestive of Tantra yoga; Presence of yoga is available in folk traditions, Indus valley civilization, vedic and upanishadic heritage Buddhist and Jain traditions, Darshanas, epics of Mahabharat and Ramayana theistic traditions of Shaivas, Vaishnavas, and Tantric traditions. Further more, there was a primordial or pure yoga which has been showed in mystical Customs of South Asia. Though Yoga was being practiced in the Pre-Vedic period the great sage Maharishi Patanjali Systematised and codified the then existing yogic practices, its meaning and its related knowledge through Patanjali's "yoga Sutras".

This was the time when yoga was being practiced under the immediate direction of Guru and its spiritual esteem was given supreme importance. It was a part of Upasana and yoga Sadhana was inbuilt in their ceremonies. Sun was given most noteworthy significance amid the Vedic period. The act of Surya - Namaskar may have been invented later because of this

impact. Pranayama was a part of daily ritual and to offer the oblation. Despite the fact that yoga was being practiced in the pre-vedic period the great sage Maharshi Patanjali systematized and classified the then existing practices of yoga, its significance and its related information through his yoga sutras. After Patanjali numerous sages and yoga masters contributed incredibly for the preservation and development of the field their well-documented practices and Literature.

Historical evidences of the yoga were seen in the pre-vedic period (2700 B.C) and there after till Patanjali's period. The main sources from which we get the information about yoga practices and the related literature during this period, are available in Vedas 4, upanishads 108, smritis, teaching of Buddhism, Jainism, Panini, Epics 2, and Purana 18 etc.

Yoga is not just an exercise, it cures many health problem of human body. Lets pledge to adopt yoga as part of our daily routine.

Difference Between Exercise And Yoga: -

Exercise and yoga both involve bodily movements which is why it is common for many people to consider. Yoga is a form of many exercise and vice-versa. However there are important distinctions between the two.

What is Exercise? :- Exercise refers to any physical activity or exertion, which causes muscles and certain vital organs in the body to become energized. Most exercises also improve blood circulation which is beneficial to a person's overall health. Furthermore, certain types of exercise are helpful in preventing illnesses or diseases by keeping unwanted weight off the body.

What is Yoga? - Yoga on the other hand, does not only deal with the physical health of an individual. It is a discipline based on ancient Hindu tradition, which is concerned with integrating the physical, spiritual, as well as mental wellbeing of a person. In fact, yoga is term that loosely translates to "unite". Proponents believe that the preparatory prerequisite to accomplishing a higher state of consciousness is a healthy and balanced physical body.

1. **Difference between Exercise and yoga. Ultimate Goal of Exercise and Yoga:**
People often exercise for two main reasons to have better physical health overall or to achieve weight loss. Of Course there are also other reasons, such as improving blood Circulation, developing athletic skills, toning the various muscle groups and others. In other words the ultimate goal of a person who exercises is to improve his or her physical appearance or physical health.

While most people who do Yoga can also improve their physical appearance and health, the ultimate goal of yoga is to reach a higher state of consciousness. To achieve this, they execute yoga postures (Asanas) practice proper breathing (Pranayama) perform appropriate body gestures (Mudra) and do internal cleansing (Shatkarma) by getting rid of emotional blockages on a person's energy center (Chakras)

2. **Part of the nervous system involved in Exercise and yoga -** Exercising involves the sympathetic nervous system, which is responsible for reducing digestive secretions, contracting blood vessels, and speeding the heart. It also counter acts the physiological effects of the parasympathetic nervous system. As a result exercising produces a feeling of tiredness.

Yoga involves the parasympathetic nervous system, which Counteract the physiological effects of the sympathetic nervous system. It is responsible for stimulating digestive secretions, dilating blood vessels slowing the heart and constricting the pupils. In other words doing yoga produces a feeling of relaxation.

3. Equipment required for Exercises and Yoga - Exercises typically requires equipment which is limiting in terms of the physical activities one can do. It is also limiting in terms of where one can perform the exercises. Some exercises even require one's participation in partner or group activities.

Yoga is generally self-sufficient. This means it can be performed without any equipment. Even a yoga mat is not an absolute requirement. All a person needs is adequate space for the poses to be performed.

4. Oxygen consumption for Exercise and yoga: - Exercise, particularly one that involves cardio, results in increased oxygen consumption one of the focuses of yoga is proper breathing. Consequently, proper breathing techniques lead to reduced oxygen consumption.

5. Caloric Consumption for Exercise and yoga : - The nature of most exercises results in moderate to high caloric consumption, which is usually why most people are typically famished after exercising. Yoga on the other hand results in relatively Low calorie consumption which is why yogis generally consume less food than people who exercise.

6. Energy Conservation in Exercise and Yoga - Exercise is catabolic process, which is characterized by destructive metabolism. In other worlds it is capable of breaking down the energy.

Yoga is anabolic, which is characterized by or promoting constructive metabolism. In other words it is capable of conserving energy.

7. Type of movement in Exercise and yoga; - Exercising normally requires rapid forceful movement on the other hand yoga generally calls slow dynamic movements.

8. Toning of the muscles; Exercising helps tone the muscles. Yoga is not concerned with toning the muscles perse. However many poses or movements lead to muscle strengthening.

9. Risk of injury involved in Exercise Vs Yoga : Exercise involves a high risk of injury because most physical activities affect the muscles and ligaments.

Yoga involves a low risk of injury because the poses have little impact on the muscles and ligaments.

10. Health and age restrictions; -Exercising is often performed by people who are in good health since many of activities are difficult to do when one is sick. Furthermore while there are exercises that older individuals can perform, the more strenuous activities are usually done by younger people.

Yoga can be performed whether the person is sick or not there is also no age limit when performing most yoga poses.

11. Effects on the joints: - Most physical exercises have the tendency to over-work the joints, which can result in stiffness as the person grows older.

Yoga has no adverse effects on the joints.

12. Goal - Oriented vs process-oriented : Exercise is goal Oriented which is why most activities are highly competitive.

Yoga is non-competitive since it is more focused on the process.

It is worth nothing that yoga as referred to in this article is the ancient form of the discipline. To-day you will find a number of variations of what is considered yoga to adopt to western tastes and preferences. This is why there is yoga combined with weight training or yoga combined with cardio to gain the benefit of both yoga and exercise.

1. Pre Vedic Period : - Dating back to 2700 BC, in the Indus Saraswati Valley civilization seals and fossils have been found with people doing Yoga Sadhana. This hinted at the practice of Yoga starting at such early times although it was an undocumented period.

2. Vedic Period: - The Word 'YOGA' was first mentioned in the ancient Sanskrit texts of Rig Veda which dates back to 1500 BC. This old text mainly spoke of rituals, mantras and songs that the Vedic priests used in their life.

Later in the Atharva Veda (around 900 BC) the importance of controlling breath was stressed upon. However, it is difficult to pinpoint the exact era as the vedas were originally passed down through stories and by word of month.

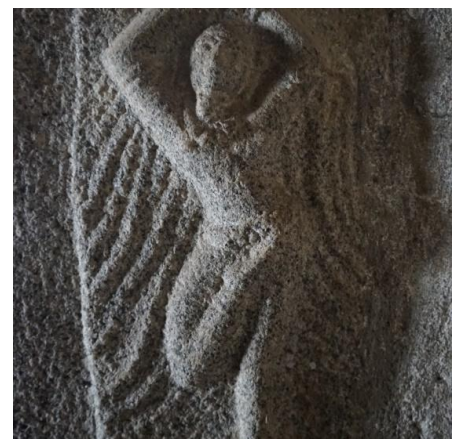
Vedic priests avoided self-indulgences and performed sacrifices called yojnas. They used poses that researchers believed have now evolved into modern yoga postures.

3. Pre classical Period. This 2000 year period in the history of yoga is predominated by the upanishads. They explain the meaning of Vedic literature, reading between the lines and explaining how the body and mind works. Moreover it talks of spiritual teachings.

Out of the 108 written documents, 20 of them were yoga upnishads. They focus on different yogic techniques that are still used like Pranayama (Breathing Exercises), Pratahara (withdrawing senses), breathing modulation, sound and meditation in complete peace. At this time period, yoga was divided into two forms - Karma Yoga and Jnana yoga.

4. Classical Period:- The classical period of yoga lasted from 500 BC To 800 AD. The importance of a peaceful mind as a Consequence Yoga was put into the limelight during this period.

It was this period that yoga seeped its way into Buddhism and Jainism. Lord Buddha was known to be the first Buddhist to study yoga. Buddhish literature laid emphasis on meditation and yogic poses that helped attain enlightenment. Jainism imbibed yoga too, with help of Lord Mahavira. He stressed on the importance of meditation to allain salvation and moksha.



The Bhagavad Gita, a 700 Verse Compilation of conversation between Lord Krishna and Prince Arjuna explains the importance of dharma, Jnana yoga, Karma yoga and Bhakti yoga. In this renowned text Lord Krishna says “Samatvam yoga Uchyate”, i.e. yoga is balanced state. Yoga strives for oneness between man and nature. It takes us back to our joyous state.

Maharshi Patanjali: - The founder of yoga was the first yogi to truly understand and explain the meaning of yoga and the true purpose behind it, in his Yoga Sutras. This was called Raj Yoga.

The first commentary on the yoga Sutras by Veda Vyasa was written in classical period. The deep rooted relationship between the philosophy of yoga and Samkhya philosophy (one of the six Indian philosophies) was unearthed and talk about.

Nata dance and martial arts used the techniques written in yoga Sutras, to help accentuate their dance and martial form respectively.

The classical period focused on the importance of mindfulness in yoga. Yoga seemed to flourish in this period.

5. Post classical Period : - The post classical period ran up to 1700 AD. It brought forward named of numerous yoga teacher who worked towards the development of this beautiful cultural art form. Some of the yogis include Acharya Trayas- Adi Shankaracharya, Madhvacharya, Ramanujacharya and Purandara Dasa.

Adi Shankaracharya devoted his time to the continuation of Jnana yoga and Raja yoga. He dedicated a large part of his life to developments and tweaks in the yogic cultures. Meditation was also stressed upon to clear the mind of negative thoughts.

Other Yogis like **Tulsidas and Paramahansa Das worked on Science of yoga**. The yoga of physical postures and breathing techniques or Hatha yoga was popularized and is still widely renowned today.

Modern Period :- Swami Vivekananda was one of the primary yogis to spread yoga in the modern period, that is from 1700 AD uptill now. The period focused on yoga as a manner of being physically strong.

Ramana Maharshi, Ramakrishna Paramahansa, BKS Iyengar, K. Pattabhi jois, Paramhansa Yogananda, and Vivekananda held parts in the spread and popularity of Hatha yoga, Vedanta Yoga and Bhakti yoga.

Yoga has undergone a wide number of changes over the Centuries. Over this span of time, many people have been propounding numerous theories for the spread of its culture. But even as it walks unto the 21st century, the essence and soul of yoga lies with the feeling of Oneness with the spirit, mind, body and nature.

Affiliate Disclosures:- In today's world yoga is well known for its physical and physiological benefits. However, this low-impact activity also has a long history that seems to go as far as 5000 years. Continue reading to learn more about yoga's ancient origins, the religious and philosophical concepts associated with it, and its evolution across time.

The Ancient Origins of yoga:-Historical evidence suggests that yoga was first practiced by the Indus-Sarasvati civilization, also known as the Harappan - Civilization, that flourished in the Indus valley (present day North-West India), sometime between 3500 and 3000 BC. It probably began as a contemplation exercise, practiced to ease the mind.

However, it's difficult to know how yoga was perceived during this period, mainly because nobody has yet discovered the key to understanding, the Indus-Sarasvati people's language. Thus, their written records remain a mystery for us even today.



Perhaps the best clue that historians had from this early period regarding the practice of yoga, is the image that can be seen in the Pashupati Seal (2350 - 2000 BC) is a steatite Seal produced by the Indus - Sarasvati people that depicts a seated tricephalic, horned man (or deity), who seems to be peacefully meditating between a

buffalo and tiger. For some scholars, the seemingly effortless control the seals central figure exerts over the beasts surrounding him might be a **symbol of the power** that the Calmed mind holds over the wild passions of the heart.

After becoming the largest civilization of the Ancient world at its Zenith the Indus-Sarasvati civilization began to decline sometime around 1750 BC, until it faded away. The reason for this extinction are still a matter of debate among scholars. However, yoga did not disappear, as its practice was instead inherited by the Indo-Aryans a group of nomadic peoples who were initially from the Caucasus and arrived and settled down i'n Northern India arcurd 1500 BC.

The Vedic Influence in pre classical yoga : - The Indo-Aryans had a rich oral tradition full of religious songs, mantras and rituals that were passed down from one generation to another for centuries until they were finally written down somewhere between 1500 and 1200 BC. This act of preservation resulted in a series of sacred texts known as vedas.

It is in the oldest veda, the Rig Veda where the word "yoga" appears registered for the first time. It was used to describe the meditation practices of some long-haired ascetic wanderers that travelled through India during ancient times. Yet, according to tradition, it was the Brahmans (Vedic Priests) and the Rishis (mystic seers) who actually began developing and refining yoga, throughout the period that stretched from the 15th to the 5 century BC.

For these sages, the appeal of yoga went far beyond the possibility of reaching a calmer state of mind. They considered that this practice could help the individual reach the divine within him or her; through the renunciation or ritual sacrifice of the ego/self.

From the mid-5th to the 2nd centuries BC, Brahmans also documented their religious experiences and ideas in a collection of scriptures known as the upanishads. For some scholars the upanishads are an attempt to organize the spiritual knowledge contained in the vedas. However, traditionally, the practitioners of the different vedic-based religions also had seen the Upanishads as a series of practical teachings, primarily composed to let individuals know how to integrate the core elements of this religious tradition into their lives.

There are 200 upanishads that cover a wide range of Religious topics, but only 11 of these are considered the “principal” upanishads. And among these texts, the Yogatativa Upanishad is particularly relevant for yoga practitioners (or yogis) since it discusses the importance of the mastery of the body, as a means to attain spiritual liberation. This upanishad also touches on a recurrent, yet essential, theme of the Vedic tradition; the notion that people are not their bodies or mind's but their souls which are best known as "Atman". Atman is authentic, eternal and unchanging, whereas the matter is temporal and Subject to change. Moreover, its the identification of people with matter ultimately leads to developing a delusional perception of reality.

During this period, it was also establish that there were at least four kinds of yoga. These are ;

1. Mantra Yoga - A Practice centered on the chanting of Mantras.
2. Hatha Yoga:- A Practice that puts its emphasis on physical activity.
3. Raja Yoga :-A combination of all the previous types of yoga.
4. Laya Yoga :- A Practice focused on the dissolution of consciousness through meditation.

All these teachings would eventually be further developed and organized by the yogi Saga Patanjali. Patanjali's Ashtanga yoga (Eight limbed yoga) organized the practice of yoga into eight stages, each one of which the yogi has to master in order to attain **Samadhi** (enlightenment). These stages are:

1. Yama (restraint):- Ethical preparation that involves learning how to control the impulse to injure other people. Crucial to this stage is abstinence from lying avarice lust and stealing.
2. Niyama (discipline):- Also centered on the individual's ethical preparation, during this stage, the yogi must train himself to practice regular purifications of his body (cleanliness); to be content with his material situation; to have an ascetic way of life; to be constantly studying the metaphysics associated with spiritual liberation; and to deepen his devotion to God.
3. Asana (Seat):- This stage comprises a series of exercises and body postures that are meant to improve the physical condition of the apprentice Asana aims to provide the yoga practitioner with more flexibility and strength. In this phase the yogi should also master the ability to hold the learned postures for extended periods.
4. Pranayama (Breath control) :- Also concerned with the individual's physical preparation, this stage is constituted by a series of respiratory exercises intended to induce the yogi into a state of complete relaxation. Pranayama also facilitates the stabilization of the breath, which in turn allows the practitioner's mind to avoid getting distracted by recurrent thoughts or sensations of physical discomfort.
5. Pratyahara (withdrawal of the senses); - This stage involves exercising the ability to withdraw the attention of one's senses from objects as well as other external stimuli Pratyahara is not closing the eyes to reality, but instead consciously closing one's mind processes to the sensory world so that the yogi can start approaching his inner, spiritual world.

6. **Dharana** (Concentration of the mind) :- Through this phase the yogi must exercise the ability to fix his mind's eye on to one particular inner state, an image, on one part of his body, for extended periods of time. For example, the mind can be fixed to a mantra, the image of a deity, or the tip of one's nose. Dharana helps the mind from wandering from one thought to another, thus improving the practitioner's capacity for concentration.
7. **Dhyana** (Concentrated meditation) :- Further going into the preparation of the mind, at this stage, the yogi must practice a kind of non-judgemental meditation, focusing his mind on one fixed object. through Dhyana, the mind is liberated from its preconceived ideas, allowing the practitioner to actively engage with its focus.
8. **Samadhi** (total self-collectedness) - This is highest state of concentration that a person can achieve. Through. Samadhi, the stream flows freely from him to the object of its focus. Its also considered that the yogi also gains access to a higher and purer form of reality at reaching this stage.

According to Hinduism, the mastering of Samadhi (and the subsequent attainment of enlightenment that comes with it) allows the individual to achieve Moksha, i.e. spiritual liberation from cycle of death and rebirth (Samsara) in which most souls are trapped.

General Guidelines for yoga Practice :- A yoga practitioner should follow the guiding principles given below while performing yogic practices.

- (i) Sauca means cleanliness- an important prerequisite for yogic practice. It includes cleanliness of surroundings body and mind.
- (ii) Yogic practice should be done on an empty stomach or light stomach consume small amount of honey in lukewarm water if you feel weak.
- (iii) Yogic practice should be performed in a clam and quiet atmosphere with a relaxed body and mind.
- (iv) Bladder and bowels should be empty before starting yogic practices.
- (v) A mattress, Yoga mat, durrie or folded blanket should be used for the practices.
- (vi) Light and comfortable cotton clothes are preferred to facilitate easy movement of the body.
- (vii) yoga should not be performed in state of exhaustion, illness in a hurry or in acute stress conditions.
- (viii) In case of chronic disease/pain/ cardiac problems a physician or a yoga therapist should be consulted prior to performing yogic practices.
- (ix) yoga experts should be consulted before doing yogic practices during pregnancy and menstruation.

During the Practice

- Practice session should start with a prayer or invocation as its creates a conducive environment to relax the mind.
- Yogic practice's shall be performed slowly, in a relaxed manner, with awareness of the body and breath.
- Do not hold the Breath unless it is specially mentioned to do so during the practice.
- Breathing should be always through the nostrils unless instructed otherwise.
- Do not hold the body tightly, or jerk the body at any point of time.
- Perform the practices according to your own capacity.

- It takes some time to get good results, so persistent and regular practice is very essential.
- There are contra-indications / limitations for each yoga practice and such contra-indications should always be kept in mind.
- yoga session should end with meditations / deep silence/Shanti patha.

After Practice

- (i) Bath may be taken only after 20-30 minutes of practice.
- (ii) Food may be consumed only after 20-30 minutes of practice.

How yoga can help : - yoga is essentially a path of liberation from all bondage. However, medical research in recent years has uncovered many physical and mental benefits that yoga offers, corroborating the experiences of millions of practitioner. Besides helping people tune into their inner spiritual world, practicing yoga also has other (More tangible) benefits, especially regarding the improvement of one's physical and mental health. These are some of the advantages that you might benefit from if you decide to take up yoga; A small sampling of Research shows that;

- (i) Yoga is beneficial for physical fitness musculoskeletal functioning and Cardio-vascular health.
- (ii) It is beneficial in the management of diabetes, respiratory disorders, hypertension, hypotension and many lifestyle related disorders. Breathing exercises associated with yoga can improve the functions of respiratory system.
- (iii) Yoga regulates menopausal symptoms.
- (iv) Yoga may help to regulate blood pressure, which in turn lessens the risk of suffering heart attacks.
- (v) Yoga can help to improve the flexibility, balance, and strength of the body.
- (vi) Practicing yoga can also reduce stress.
- (vii) Yoga can help to reduce inflammation in joints and swollen muscles.
- (viii) Practicing yoga allows the mind to keep focused on tasks for more extended period of time.
- (ix) Yoga might help to reduce anxiety.
- (x) Practicing yoga can also significantly improve the postures of the body.
- (xi) Yoga might help to improve sleep habits.
- (xii) In essence yoga is a process of creating a body and mind that are stepping-stones, not hurdles, to an exuberant and fulfilling life.

Today, yoga continues to be popular around the world, lauded for its physical and mental benefits.

Prayer : - Yogic Practice shall start with a prayer or prayerful mood to enhance the benefits of practice.

“Om Samgacchadhvam Samvadadhvam sam vo
manamsi janatam
deva bhagam yatha purva
sanjanana upasate”

ॐ संगच्छध्वं संवदध्वं
सं वो मनासि जानताम्
देवा भागं यथा पूर्वे
सञ्जानाना उपसते ।

May you move in harmony: may you speak in unison; let our mind be equanimous like in the beginning; let the divinity manifest in your endear ours.

Sadilaja / Calana Kriyas / Loosening Practices : - The Calana Kriyas /loosening practices / yogic Sukshma Vyayams help to increase microcirculation. These practices can be done while standing and sitting.

1. Neck Bending :- Sthiti, Samasthiti (Alert Posture)

(i) Stage:- (Forward and backward Bending).

- Stand with the feet comfortably apart.
- Keep your arms on the waist.
- Keep the hands straight beside the body.
- While exhaling, move the head forward slowly and try to touch the chin to the chest.
- While inhaling, move the head as far back as is comfortable.
- This is one round; repeat 2 rounds



(ii) Stage : - (Right and left bending)

- While exhaling bend the head slowly to the right; bring the ear as close as possible to the shoulder without raising the shoulder.
- While inhaling bring the head to normal position.
- This is one round: repeat 2 round.



(iii) Stage - (Right and left Twisting)

- Keep the head upright.
- While exhaling gently turn the head to the right so that the chin is in line with the shoulder.
- While inhaling, bring the head to the normal position.
- Similarly, while exhaling, turn the head to the left
- Inhale and bring the head to the normal position.
- This is one round; Repeat two rounds



(iv) Stage : - (Neck Rotation)

- Exhale; bend the head forward trying to touch the chin to the Chest
- Inhale slowly rotate the head clockwise in a circular motion, exhale while coming down.
- Do a full rotation.
- Then rotate the head in anti-clockwise direction.
- Inhale; go back and exhale, come down.
- This is one round; repeat 2 rounds



Note :-

- Move the head as far as possible. Do not over strains.
- Keep the shoulders relaxed and steady;
- Feel the stretch around the neck and loosening up of the Joints and muscles of the neck.
- Can be practiced sitting in a chair.

- People with neck pain can do the practice gently especially when taking the head back to the extent it is Comfortable.
- Elderly people and persons with cervical spondylitis, high blood pressure may avoid these practices.

2. **TRUNK MOVEMENT :-Trunk twisting (katishakti Vikasak) Sthiti :- Samasthiti (Alert Posture) Technique**

- Keep the legs about 2-3 Feet apart.
- Rise both the arms up to chest level with palms facing each other and keep them parallel.
- While exhaling twist the body towards the left side so that right palm touches the left shoulder, come back with inhalation.
- While exhaling twist the body towards the right side so that the left palm touches the right shoulder, come back with inhalation.
- This is one round; repeat two more times.
- Relax in Samasthiti.



Note

- Do slowly with breathing.
- Cardiac patients shall do with care
- Avoid this practice in case of Severe back pain, vertebral and disc disorders, after, abdominal surgery and during menstruation.

Knee Movement :-

Sthiti; Same sthiti (Alert Posture) Technique

- Inhale, lift your arms up at the shoulder level, palms facing downwards.
- Exhale, bend the Knee and bring down your body to the squatting position.
- In the final position both the arms and thighs should be parallel to the ground.
- Inhale and straighten the body.
- Exhale while bringing down the hands.
- Repeat two more times.



Note

- Strengthen Knees and hips joint.
- Avoid this asana in case of acute conditions of arthritics.

YOGASANAS

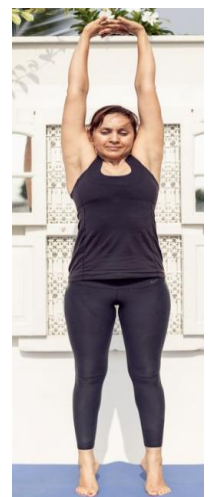
A. Standing Postures

Tadasana (Palm Tree Posture)

“Tada” means palm tree or mountain. This asana teaches one to attain stability and firmness and forms the base for all the standing asana.

Technique

- Stand with feet 2 inches apart.
- Interlock the fingers and turn the wrist outwards. Now inhale raise the arms up and bring them in line with the shoulders.
- Raise the heels off the floor and balance on the toes. Stay, in this position for 10-15 seconds.



- Exhale, bring the heels down.
- Release the interlock of the fingers and bring the arms down parallel to the trunk, and come back to standing posture.

Benefits

- This asana brings stability in the body, help to clear up congestion of the spinal nerves, corrects faulty posture.
- Help to increase height up to a certain age.

A word of caution

- Avoid lifting the toes in case of acute cardiac problems varicose veins and vertigo.

VRIKSHASANA (The Tree Posture)

Vriksha means tree. The final position of this asana resembles the shape of a tree, hence the name.

Technique

- Stand with feet 2 inches apart.
- Focus on a point in front.
- Exhale, bend the right leg and place the foot on the inside of the left thigh. The heel should be touching the perineum.
- Inhale and extend the arms up and join the palms.
- Stay in the position for 10 to 30 seconds and breathe normally.
- Exhale and bring the arms and right foot down.
- Relax and repeat the asana by bending the left leg.

Benefits

- Improve neuro-muscular Coordination, balance endurance and alertness.
- It tones up the leg muscles and rejuvenates the ligaments also.

A word of caution

- Please avoid this practice in case of arthritis, vertigo and obesity.



Pada Hastasana (The Hands to feet Posture)

"Pada" means feet, hasta means hands. Therefore Pada - Hastasana mean's taking the palms down towards the feet. This is also referred as uttanasana.

Technique

- Stand straight with feet 2 inches apart.
- Inhale slowly and raise the arms up.
- Stretch up the body from the waist.
- Exhale and bend forward until the trunk is parallel to the ground.
- Exhale and bend forward until the entire palm rests on the ground.
- Maintain this final posture for 10-30 seconds.
- Those who are having stiff back should bend according to their Capacity.
- Now inhale, come up slowly to the vertical position and stretch the arms above the head.
- Exhale and slowly return to the starting position in reverse order.
- Relax in Tadasana.



Benefits

Make the spine flexible, improves digestions, and prevents constipation and menstrual problems.

A word of caution

- Please avoid this practice in case of Cardiac or back problems, abdominal inflammation, hernia and ulcers, high myopia, Vertigo and during pregnancy.
- Those with vertebral and disc disorders should also avoid this practice.

Ardha Chkrasana (Half wheel Posture)

"Ardha" means half "Chakra" means wheel. In this posture, as the body takes the shape of a half wheel, hence it is called Ardha Chkrasana.

Technique

- Support the back at the waist with all the fingers together pointing forward or downward.
- Drop the head backwards and stretching the neck muscles. As you inhale bend backwards from the lumbar region exhale and relax.
- Stay here for 10-30 seconds with normal breathing
- Inhale and slowly come up.



Benefits –

- Ardha Chkrasana makes the spine flexible and strengthens the spinal nerves.
- Strengthens the neck muscles and improves breathing capacity.
- Helps in cervical spondylitis.

A word of caution

Avoid this posture in case of vertigo or a tendency to giddiness. Hypertensive patients shall bent with care.

Trikonasana (The Triangle Posture)

Trikona means triangle. Tri means three and Kona is an angle. As the asana resembles three arms triangles made by the trunk and limbs, it has been named "Trikonasana".

Technique

- Stand with your feet comfortably apart.
- Slowly raise both the arms sideways till they are horizontal.
- Exhale, slowly bent to the right side and place the right hand just behind the right foot.
- The left arm is straight up, in line with the right arm.
- Turn the left palm forward.
- Turn your head and gaze at the tip of the left middle finger.
- Remain in the posture for 10-30 seconds with normal breathing.
- As you inhale slowly come up.
- Repeat for the left side.



Benefits –

- Prevents flat foot.
- Strengthens calf, thigh and waist muscles
- Makes the spine flexible, improves lungs capacity.

A word of Caution

- Avoid this posture in case of slipped disc, sciatica and after undergoing abdominal Surgery.
- Do not do beyond limits and overdo the lateral stretch.
- If one cannot touch the feet, one can reach for the Knees instead.

B. Sitting Posture

BHADRASANA (The Firm/Auspicious Posture)

Bhadra means firm or auspicious.

Sthiti; Long Sitting Posture (Visramasana)

Technique

- Sit erect with the legs stretched out straight in the front.
- Keep the hands beside the hips. This is Dandasana.
- Now put soles of your feet together.
- Exhale clasp your hands together over your toes. Pull your heels as close as possible upto perineum region.
- If your thighs are not touching or are not close to the floor, place a soft cushion underneath the knees for support. This is the final position.
- Stay here for some time.



Benefits

- Keeps the body firm and stabilize the mind.
- Keeps the knees and hip joints healthy.
- Help the to relieve Knee pain.
- Acts on the abdominal organs and releases any tension in the abdomen.
- Benefits women by relieving abdominal pain often experienced during menstruation.

A word of Caution

Avoid this practice in case of severe arthritis and sciatica.

Ardha Ustrasana (The half Camel posture)

Sthiti; Long sitting Posture (visramasana)

Ustra means camel. The final version of this asana reassembles the hump of the camel. In this version, only the first stage (half) of asana is being practiced.

Technique

- Sit in visramasana.
- Come to Dandasana.
- Fold your legs and sit on your heels.
- Keep the thighs close and big toes touching.
- Place the hands on the knees.
- Head and back should be straight.
- This is Vajrasana.
- Stand on your knees
- Place the hands on the waist with fingers pointing downward. Keep the elbows and shoulder parallel.



- Bend the head back and stretch the neck muscles; inhale and bend trunk backward as much as possible. As you exhale, relax.
- Keep the thighs perpendicular to the ground.
- Remain in the posture for 10-30 seconds with normal breathing.
- Return with inhalation, sit in vajrasana.
- Relax in visramasana.

Note

- If you can reach the heels, you can place your hands on them and bend backwards. This is called ustra.

Benefits

- Relieves constipation and back pain.
- Increases blood circulation to the head and Cardiac region

A word of cautions

- In case of hernia and abdominal injuries, arthritis Vertigo and pregnancy, please avoid doing this asana.

Sasankasana (The Hare Posture) Sasanka means Hare

Sthiti : vajrasana

Technique

- Sit in Vajrasana.
- Spread both the knees wide apart keep the big toes Touching.
- Keeps the palms between the knees.
- Exhale and slowly stretch them full length.
- Bend forward and place the chin on the ground.
- Keep the arms parallel.
- Look in front and maintain the posture.
- Inhale and come up.
- Exhale and come back to Vjraasana.



Benefits

- It helps to reduce stress, anger etc.
- It tones up reproductive organs, relieves constipation, improves digestion and relieves back pain.

A word of Caution

- Please avoid this posture in case of acute backache.
- Patients with osteoarthritis of the Knee should exercise with caution or avoid Vajrasana.

VAKRASANA (The spinal Twist Posture)

Vakra means twisted. In this asana, the spine is twisted which has a rejuvenating effect on its functioning.

Stihiti : Dandasana

Technique :

- Bend the right leg, and place the right foot beside the left knee.
- As you exhale, twist the body to the right.
- Bring the left arm around the right knee and clasp the right big toe or place the palm beside right foot.
- Take the right arm back and keep the palm on the ground with the back straight.
- Remain in the posture for 10-30 seconds with normal breathing and relax.
- Take out your hands with exhalation and relax.
- Repeat the same on the other side.



Benefits

- Increases flexibility of the spine.
- Helps to overcome constipation, dyspepsia.
- Stimulates pancreas and help in the management of diabetes.

A word of caution

- Please avoid this posture in case of severe back pain, vertebral and disc disorders, after abdominal surgery and during disc and during menstruation.

Prone Postures

BHUJANGASANA (The Cobra Posture)

Bhujanga means snake or cobra. In this asana, the body is raised like hood of a snake.

Sthiti : Prone Posture

Techniques

- Lie down on your stomach, rest your head on your hands and relax the body.
- Now join your legs and stretch your arms
- Keep the forehead on the ground.
- Now place your hands just beside the body; Keep palms and elbows on the ground.
- As you inhale slowly, lift the chin and chest come up to navel region.
- Stay there comfortably.
- This is called Sarala Bhujangasana.
- Now come back and place your forehead on the ground.
- Keep your palm beside the chest where your elbows were and raise the elbows.
- Inhale; slowly lift the chin and chest up to the navel region. This is Bhujangasana.
- Exhale; rest your forehead on the ground and place your palms and rest your head on the palms and spread your legs and relax.



Note : Keep the legs firms so that no load or strain is felt on the lumbar spine.

Benefits :

- This asana is best for stress management.
- It reduces abdominal fat and alleviates constipation.
- It also helps to remove backache and bronchial problems.

A word of caution

- Those who have undergone abdominal surgery should avoid this asana for 2-3 months.
- Those who suffer from hernia, ulcers should not practice this asana.

SALABHASANA (The Locust Posture)

Salabhas means a locust.

Sthiti : Prone Posture; Makarasana

Techniques

- Lie down on your stomach in Makarasana.
- Rest the chin on the floor; keep both the hands beside the body; palms facing upwards.
- Inhale, raise the legs off the floor as much as you can without bending the knee.
- Extend the arms and legs well to ease the lift of the body off the floor.
- Stay in this position for 10-20 seconds breathing normally.
- Exhale, bring the legs down towards the floor.
- Rest for a few seconds in Makarasana.



Note

- Pull up the knee caps and squeeze the buttocks to improve the posture. This asana is more beneficial when performed after Bhujangasana.

Benefits

- Helps in sciatica and lower backache.
- Tones the hip muscles and those in the kidney region.
- Reduces fat on the thighs and buttocks; good in weight management
- Helps the abdominal organs aiding digestion.

A word of caution

- Cardiac patients should avoid this posture. Please proceed cautiously in case of severe lower back pain.
- People with high blood pressure, peptic ulcers and hernia should also avoid this posture.

MAKARASANA (The crocodile Posture)

In Sanskrit, Makara means crocodile. In this asana the body resembles a crocodile.

Sthiti : Prone relaxation Posture

Techniques

- Lie down on your stomach with the feet wide apart, feet pointing outward.
- Bend both the arms and place the right hand on the left hand.
- Place the forehead on your hands.
- Keep the eyes closed. This is Makarasana.
- This asana is practiced for relaxation in all prone postures.



Benefits

- Promotes relaxation on the lower back.
- Helps in recovery of back problems.
- Indicated for all orthopedic ailments.
- Indicated to counter stress and anxiety.

A word of Cautions

- Avoid this practice in case of low blood pressure, severe cardiac problems and pregnancy.

SETUBANDHASANA (The Bridge Posture)

Setubandhasana means formation of bridge. In this posture the body is positioned like a bridge, hence the name. This is also called as chatushpadasana.

Sthiti : Spine lying; Savasana.

Technique

- Bent both the legs at the knees and bring the heels near the buttocks.
- Hold both the ankles firmly; keep the knees and feet in one straight line.
- Inhale; slowly raise your buttocks and trunk as much as you can to form bridge.
- Remain in this position for 10-30 seconds with normal breathing
- Exhale slowly return to the original position and relax in Savasana.



Note

- In the final position the shoulders and head remain in contact with the floor.
- If required, in the final position, you can support your body at the waist with your hands.

Benefits

- Relieves depression and anxiety, Strengthens lower back muscles.
- Stretches abdominal organs, improves digestion and helps to relieve constipation.

A word of caution

- Suffering from ulcers and hernia and women in advance stage of pregnancy should not practice this asana.

PAVANMUKTASANA (The wind Releasing Posture)

Pavan means wind and mukta means release or to make free. As the name suggests, this asana is useful in removing wind or flatulence from the stomach and intestines.

Sthiti : Savasana

Technique

- Lie down flat on the back.
- Bend both the knees and bring the thighs to the chest
- Interlock the fingers and clasp the chin below knees.
- Exhale; raise the head till, your chin touches the knees and relax.
- This is Pavanamuktasana.
- Bring the head back to the ground.
- While exhaling, lower the legs to the floor.
- Rest in Savasana.



Note

- Synchronise your breathing with the leg movement.
- While touching the knee with the nose / forehead, you should be able to feel the lumbar region stretch; keep the eyes closed and focus your attention on the lumbar region.

Benefits

- Removes constipation; gives relief from flatulence, decreases the bloating sensation in the abdomen and aids digestion.
- Offers deep internal pressure, massage and stretching of the highly complicated network of muscles, ligaments and tendons in the pelvis and waist region.
- It tones up the back muscles and spinal nerves.

A word of caution

- Please avoid this practice in case of abdominal injuries, hernia, sciatica or severe back pain and during pregnancy.

SAVASANA (The Dead Body Posture)

Sava means dead body. The final position in this asana resembles dead body.

Sthiti : Supine Relaxation Posture.

Technique

- Lie down on your back with arms and legs comfortably apart.
- Palms facing upward; eyes closed.
- Relax the whole body consciously.
- Become aware of natural breath and allow it to become rhythmic and slow.
- Remain in the position till you feel refresh and relax.



Benefits

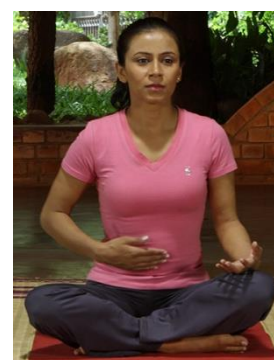
- Helps to relieve all tensions and gives rest to both mind and body.
- Relaxes the whole psycho-physiological system.
- The mind, which is constantly attracted to the outer world, takes a U-turn and moves inwards, thus gradually getting absorbed; as the mind turns quiet and absorbed, the practitioner remains undisturbed by the external environment.
- It is found very beneficial in the management of stress and its consequences.

KAPALABHATI

Sthiti : Any meditative posture eg. Sukhasana / Padmasana / Vajrasana.

Technique

- Sit in any meditative posture.
- Close the eyes and relax the whole body.
- Inhale deeply through both nostrils, expand the chest.
- Expel the breath with forceful contractions of the abdominal muscles and relax.
- Do not strain.
- Continue active / forceful exhalation and passive inhalation.
- Complete 30 rapid breath then take a deep breath and exhale slowly.
- This is one round of Kapalabhati.
- Repeat the more rounds.



Breathing : Forceful exhalation by contracting the abdominal muscles, without any undue movements in the chest and shoulder region. Inhalation should be passive throughout the practice.

Number of Rounds : Beginners can practice upto 3 round of 20 breaths each. The count and rounds can be increased gradually over a period of time.

Benefits

- Kapalabhati purifies the frontal air sinuses; help to overcome cough disorders.
- It is useful in treating cold, rhinitis, sinusitis, asthma and bronchial infections.
- It rejuvenates whole body and keeps the face young and vibrant.
- It balances and strengthens the nervous system and tones up the digestive system.

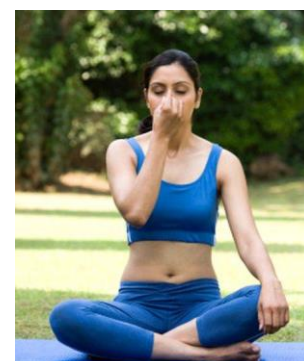
A word of caution.

- Please avoid this practice in case of cardiac conditions and giddiness high blood vertigo, chronic bleeding in the nose, epilepsy, migraine, stroke, hernia and gastric ulcers.

Pranayama

- Nadisodhana or Anuloma viloma Pranayama; (Alternate Nostril Breathing).
- The main characteristic feature of this pranayama is alternate breathing through the left and right nostrils without or with retention of breath (Kumbhaka).

Sthiti : Any meditative posture.



Technique

- Sit in any meditative posture.
- Keep the spine and head straight with eyes closed.
- Relax the body with few deep breaths.
- Keep the left palm on the left knee in jnana mudra. The right hand should be in Nasagra mudra.
- Place the ring and small finger on the left nostril; fold the middle and index finger. Place the right thumb on the right nostril.
- Breathe in from the left nostril; then close the left nostril with a small and ring fingers and release the thumb on the right nostril.
- Next inhale through the right nostril.
- At the end of inhalation, close the right nostril, open the left nostril and exhale through it.
- This complete process is one round of the Nadisodhana or Anuloma viloma Pranayama.
- Repeat 5 rounds.

Ratio and timing :

- For beginners, the duration of inhalation and exhalation should be equal.
- Gradually make 1: 2 inhalation : exhalation.

Breathing :

- Breath should be slow, steady and controlled. It should not be forced or restricted in any way.

Benefits

- The main purpose of this pranayama is to purify the principle channels of carrying energy called "naid's" hence nourishes the whole body.
- Induces tranquility and helps to improve concentration.
- Increases vitality and lowers the level of stress and anxiety.
- It elevates cough disorders.

BHRAMARI PRANAYAM ; (Bhramari Recake)

Bhramari is derived from Bhramara which means a "Black bee". During the practice of this pranayam, the sound produced resembles the buzzing of a "Black Bee".

Sthiti : Any meditative posture.

Techniques Type 1st

Sit in any meditative posture with eyes closed.

Inhale deeply through the nose.

Exhale slowly in a controlled manner, while making deep, steady humming sound such as that of "Black Bee". This is one round of Bhramari.

Repeat 5 rounds.

Techniques Type-IIInd

- Sit in any meditative posture with eyes closed.
- Inhale deeply through the nose.



- Close the eyes with index fingers, mouth with ring and small fingers and ears from respective thumbs as shown in the figure. This is also called, Shanmukhi Mudra.
- Exhale slowly in a controlled manner while making a deep, steady humming sound such as that of "Black Bee". This is one round of "Bhramari".
- Repeat 5 rounds.

Benefits

- The practice of Bhramari relieves stress and helps in alleviating anxiety, anger and hyperactivity.
- The resonance effect of humming sound creates a soothing effect on the mind and nervous system.
- It is a great tranquiliser, found good in the management of stress related disorders.
- It is a useful preparatory pranayama for concentration and meditation.

A word of caution

- Please avoid this practice in case of nose and ear infections

Dhyana In Sambhavi Mudra

Dhyana or Meditation is an act of continuous contemplation.

Sthiti; Any meditative posture

Technique

- Sit in any meditative posture.
- Keep your spine comfortably erect.
- Hold Jnana Mudra as follows:
 - i. Touch the tip of the thumb to the tip of the Index finger, forming a circle
 - ii. The other three fingers are straight and relaxed.
 - iii. All three fingers are side by side and touching.
 - iv. Keep your palms facing upwards upon the thighs.
 - v. Arms and shoulders should be loose and relax.
- Close your eyes and sit with a slightly upturned face.
- You need not concentrate. Just maintain a mild focus between the eyebrows and be conscious of your breath.
- Dissolve your thoughts and attain single and pure thought.
- Meditate.



Note

- For beginners, soothing music may be played in the background during meditation.
- Stay as long as you can.

Benefits

- Meditation is most important component of yoga practice.
- It helps the practitioner to eliminate negative emotions like fear, anger, depression anxiety and to develop positive emotions.
- Keeps the mind calm and quiet.
- Increases concentration, memory, clarity of thought and will power.
- Rejuvenates the whole body and mind giving them proper rest.
- Meditation leads to self- realisation.

SHANTIH PATHA

(End the yoga Practice Session with Shantih Patha)

ॐ सर्वे भवन्तु सुखिनः सर्वे सन्तु निरामयाः ।

सर्व भद्राणि पश्यन्तु, मा कश्चिद्दुखभाग्भवेत् ।

ॐ शान्तिः शान्तिः शान्तिः ।

Om Sarva Bhavantu Sukhinah,

Sarva Santu Niramayah

Sarva Bhadrani Pasyantu,

Maa Kascit Duhkha Bhagbhavet

Om Shantih Shantih Shantih.

May All become Happy, May All be free from illness.

May All see what is Auspicious, May no one suffer.

Om Peace, Peace, Peace.

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"The author Satya Prakash Bhardwaj has been a Yoga Teacher for many years and has been learning yoga for ever longer. He noticed that no matter what ailment those entering his class had, the same set of yoga practices brought tremendous improvement to their health. In this book he explores how yoga, the one simple thing, can bring such tremendous improvement. He explains both the ancient philosophy of yoga and backs it up with recent scientific findings. The book provides good insight into the modern effects and applications of yoga.

This book is a great history of yoga starting from the beginning of yoga in the Indus Valley Civilisation till today.

The author does not use heavy academic language favouring a more conversational tone making this book light and enjoyable to read. It is good way to understand yoga's philosophy and its evolution.

For those who are not found of going to the gym, practising yoga can be healthy solution to lose weight and get healthier taking the help of a good book for giving complete knowledge about yoga is a good idea.

Prepared by:

SHRADDHA SEVA SANSTHA (REGD.)

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