















Yoga-some-basic-introduction



Total Duration : 60 minutes

Duration	Activity & Its Description	Illustration	Benefit
INTRODUCTORY PART (8 minutes)			
1 min.	Prayer in Namaste Posture		<p>Prayer is a psycho-physical phenomenon or practice which purifies our mind and heart to unfold the virtues of devotion and faith within us. It also connects us with the Divine.</p> <p>Prayer is essential in the beginning of yogic practices to bring balance between body and mind.</p>
5 min.	Kapalbhati (Cleansing of Cranial Cavity)		<p>Kapalbhati is a breathing technique in which proper process of inhalation and exhalation is done. It has a purifying effect on nerves and the pranic nadis which calms mind and body.</p> <p>Kapalabhati purifies the frontal air sinuses and helps in overcoming cough disorders. It is also useful in treating cold, rhinitis, sinusitis asthma and bronchial infections and rejuvenating the whole body.</p>
2 min.	Humming Sound		<p>Humming slows down the breathing rate significantly. We normally breathe 15-17 times in a minute, which may reduce to 4-6 times in a minute with the practice of humming. This helps in slowing down the heart rate, reducing our stress level. It also calms our nervous system by activating the parasympathetic nervous system.</p>
MAIN PART (42 minutes)			
10 min.	Warming up through Sukshma Vyayam (Exercise for Subtle body)		<p>Sukshma Vyayam includes minor exercises for all joints and muscles in a particular sequence from head to toes.</p> <p>These exercises helps in improving breathing pattern, reducing stress levels, controlling blood pressure, lowering</p>

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	(i) Exercise for intelligence (ii) Exercise for Memory (iii) Exercise for Intellect (iv) Exercise for Upper Arm (v) Exercise for Lower Arm (vi) Exercise for Abdomen (vii) Exercise for Waist (viii) Exercise for Thighs		cholesterol levels, improving body alignments and posture, minimizing allergies to diseases and enhancing immunity, maintaining appropriate body weight, improving concentration, and slowing down the ageing process etc.
3 min	Yogic Jogging		Yogic Jogging is one of the most wonderful physical exercises to re-vitalize the entire body. It helps in expansion of chest, thereby ensuring better respiration; development of thigh and calf muscles, thereby increasing strength; and improved blood circulation. It also helps people in losing body weight.
4 min.	Relaxation in Shavasana (Corpse Pose)		Shavanas helps in relaxing our whole body. It helps in relieving all kinds of tensions and gives rest to both body and mind. It relaxes the whole psycho-physiological system, improves concentration, cures insomnia, and calms our mind to improve mental health. 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

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			the external environment. It is found very beneficial in the management of stress and its consequences.
15 min.	<p>Asanas</p> <p>(a) <u>Sitting Postures</u></p> <p>i) Padmasana (Lotus Pose)</p> <p>ii) Gaumukhasana (Cow Face Pose)</p> <p>iii) Pashchimottanasana (Posterior Stretching Pose)</p> <p>iv) Ardhamatsyendrasana (Twisting Pose)</p> <p>(b) <u>Lying Postures</u> Spinal Twisting</p> <p>(c) <u>Proline Postures</u></p> <p>i) Makarasana (Crocodile Pose)</p> <p>ii) Bhujangasana (Cobra Pose)</p> <p>iii) Shashankasana (Rabbit Pose)</p>	     	<p>The health benefits that one can achieve through yoga are enormous and affect everything from the muscles and joints to the blood circulatory system.</p> <p>The yoga postures called asanas improve respiration through focused breathing techniques while the body maintains the specific poses. In general, yogasanas brings improvement in flexibility, balance, strength, energy, blood circulation, respiration, digestion, overall quality of life; and better management of weight, hypertension, stress, anxiety, lower back pain, fatigue etc.</p>

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10 min.	<u>Breathing Practices</u> i) Nadishodhan (Cleansing of Nerves) ii) Suryabhedhi Pranayam (Right Nostril Breathing)		Breathing exercises have a variety of benefits for the body. They improve energy level, slow down heart rate, help in cleaning out the lungs, and reduce anxiety.
CONCLUDING PART (10 minutes)			
2 min.	<u>Determination</u> I commit myself to always be in a balanced state of mind. It is in this state that my highest self-development reaches its greatest possibility. I commit to do my duty to self, family, at work, to society, and to the world, for the promotion of peace, health and harmony.		Committing determination helps in realizing one's own goals, strengths, weaknesses. It helps in self-realization, self-attainment and self-development process. <p style="text-align: center;">DETERMINATION <i>is doing what needs to be done even when you don't feel like doing it.</i></p>

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7 min.	Blue Colour Meditation		<p>Blue</p> <p>A colour of inspiration, devotion, peace, tranquillity and harmony, helps to soothe the mind. It is a good colour for relaxation and meditation. It is also credited with lowering blood pressure.</p>
1 min.	<p>Session ending with Closing Prayer and Namaste</p> <p><u>Closing Prayer</u></p> <p><i>May ALL be happy.</i></p> <p><i>May ALL be free from diseases.</i></p> <p><i>May ALL see things auspicious.</i></p> <p><i>May NONE be subjected to misery.</i></p> <p><i>Peace, Peace, Peace.</i></p>		<p>Closing prayer is recited to bring calmness and peace everywhere. It brings internal peace, calms the mind, helps in building strong emotional and spiritual bond with our Essential self, the God – the Ultimate Reality.</p>