

RAJA YOGA KNOWN AS ASTANGA YOGA

EIGHT LIMBS OF ASHTANGA YOGA

samadhi

pure bliss
tranquility, fulfillment,
and spiritual illumination

dhyana

meditation
observation and
reflection

dharana

concentration
focusing and attention

yamas

5 moral restraints
ahimsa - kindness
satya - truthfulness
asteya - nonstealing
brahmacharya - moderation
aparigraha - generosity

niyamas

5 observances
saucha - purity
santosha - contentment
tapas - austerity
svadhyaya - self study
isvara-pranidhana - surrender



asana

postures
positions of the body, connecting
the mind and spirit to create
strength, flexibility, balance
and focus

pratyahara

turning inward
withdrawal of the
senses to the mind

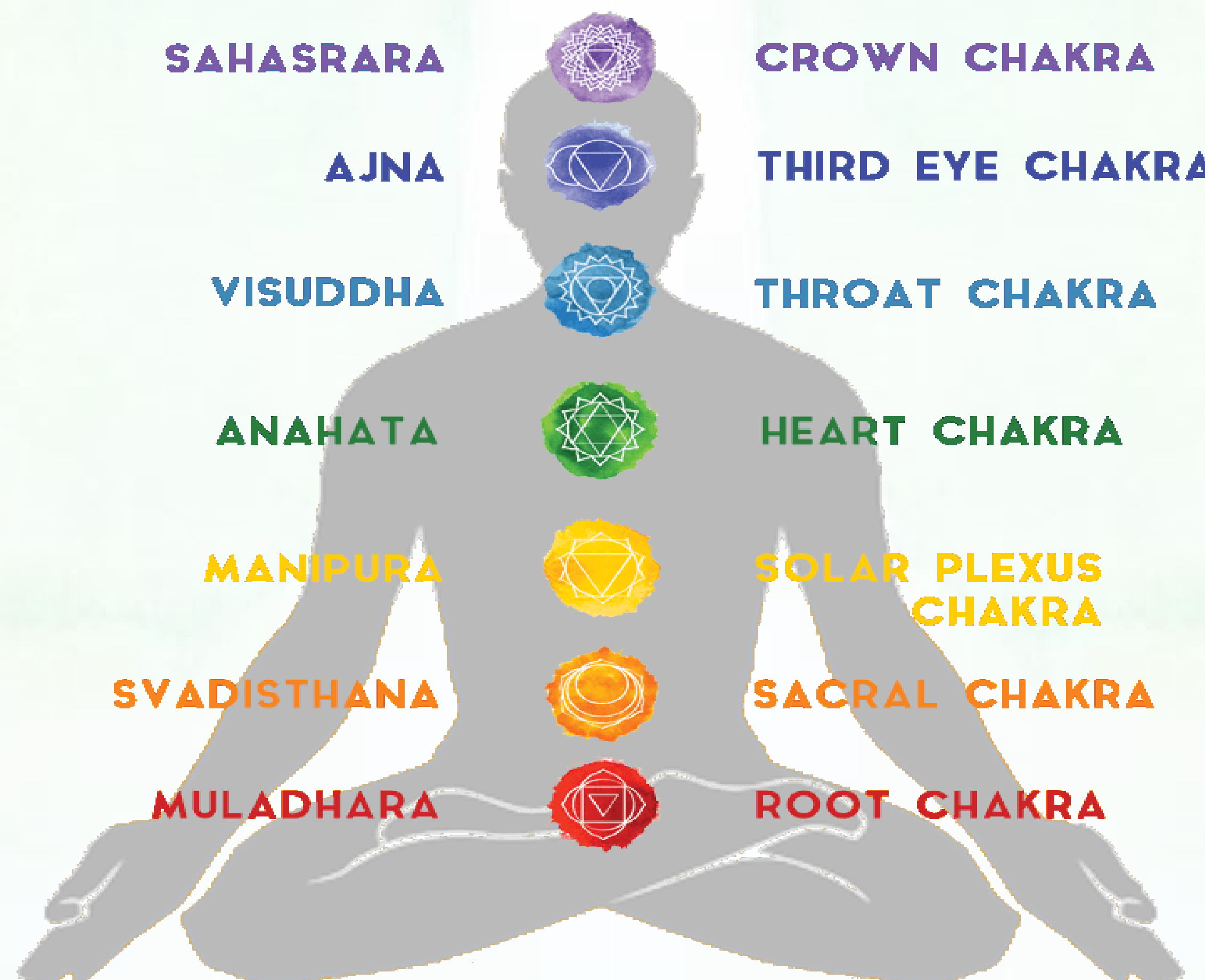
pranayama

mindful breathing
control of the breath

Sat -Chakra

Chakras are various focal points used in a variety of ancient meditation practices.

The seven chakras are - Muladhara Chakra, Swadishthan Chakra, Manipura Chakra, Anahata Chakra, Vishuddhi Chakra, Ajna Chakra, Sahasrara Chakra.



Ujjayee Pranayama



Benefits

- Can overcome insomnia, anxiety
- Gives smoothing effect
- One can overcome restlessness and psychosomatic disorders
- Smoothens the nervous system
- Improves voice
- Develops awareness
- Increase lung capacity
- Calms down the mind
- Beneficial for thyroid problems

Tasmin sati shvasa prashvsayoh gati vichchedah pranayamah P Y S 2.49

The slowing or braking of the force behind, and of unregulated movement of inhalation and exhalation is called breath control and expansion of prana (pranayama)

Anuloma -Viloma Pranayama



Benefits

- Catalyst NadiSuddhi Pranayama.
- Rejuvenate the whole body functions.
- It destroys all the diseases of the Nadis.
- Gives good concentration, overcomes insomnia.
- Gives calmness to the mind and body.
- Problems like cough, excessive hiccups etc are helped.
- Increase internal heat
- Helps to reduce snoring.
- Strengthens the Legs

Meditation



Benefits

- Can overcome insomnia, anxiety.
- Provides soothing effect.
- One can overcome restlessness and psychosomatic disorders.
- Improves mental health
- Improves voice, Develops awareness.
- Increase lung capacity.
- Calms down the mind.
- Beneficial for thyroid problems.
- Promotes emotional health, reduces depression

Tatra pratyaya ekatanata dhyanam P Y S 3.1

The repeated continuation, or uninterrupted stream of that one point of focus is called absorption in meditation (dhyana)

Shavasana



Benefits

- Self relaxation from toes to tip of the head
- This asana helps relax the whole psycho physiological system.
- It benefits the Ajna Chkara
- It removes fatigue.
- It provides calmness to the mind and body

Swasthikasana



Benefits

- Gives calmness to the mind and body
- Provide and improve mind function
- Improves Concentration
- Helps to overcome stress
- Improves Memory
- Rejuvenate the whole body and mind functions
- Helps to reduce thoughts

Sthira Sukham Asanam P Y S 2.46

A physical posture in which one can be steady and comfortable

Tatah dvandva anabhighata P Y S 2.48

The attainment of that perfected posture, there arises an unassailable, unimpeded freedom from suffering due to the pairs of opposites (such as heat and cold, good and bad, or pain and pleasure)

Utthita Parsvakonasana



Benefits

- Relieves constipation and arthritis.
- Helps to overcome disorders of digestive systems.
- Relieves neck pain.
- Improves shoulder joint.
- Strengthens the diaphragm.
- Improves breathing capacity.
- Improves digestion, Helps to overcome obesity.
- Helps to overcome back pain, Improves body balance.
- Helps to stretch the side of the body.
- Strengthens the thigh muscles.

Shatkarma or Shat Kriya

Kapalabhati



Neti



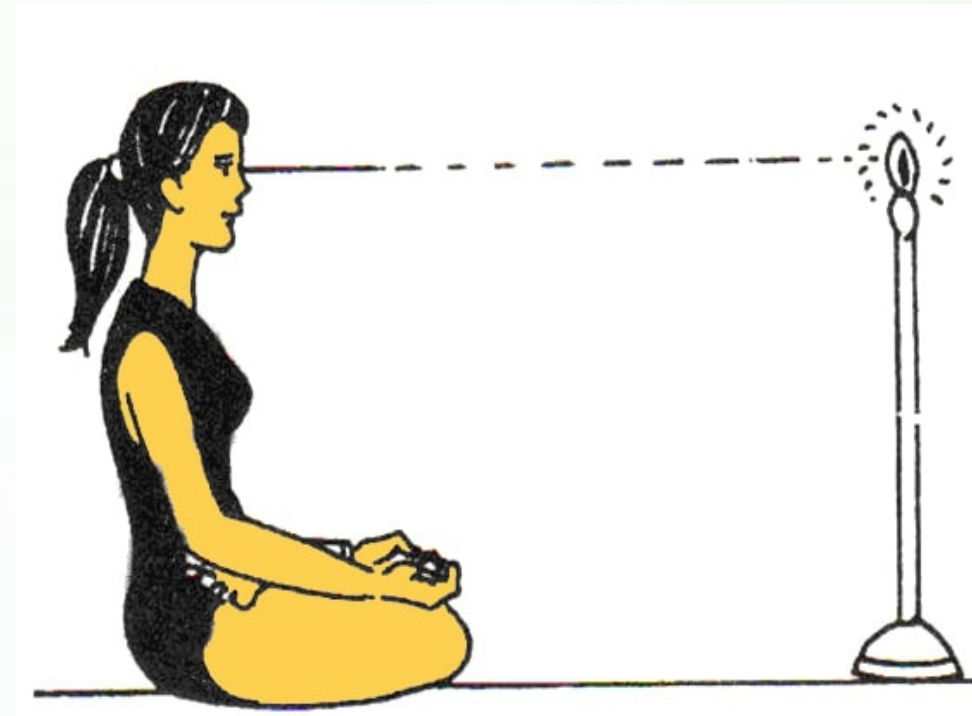
Nauli



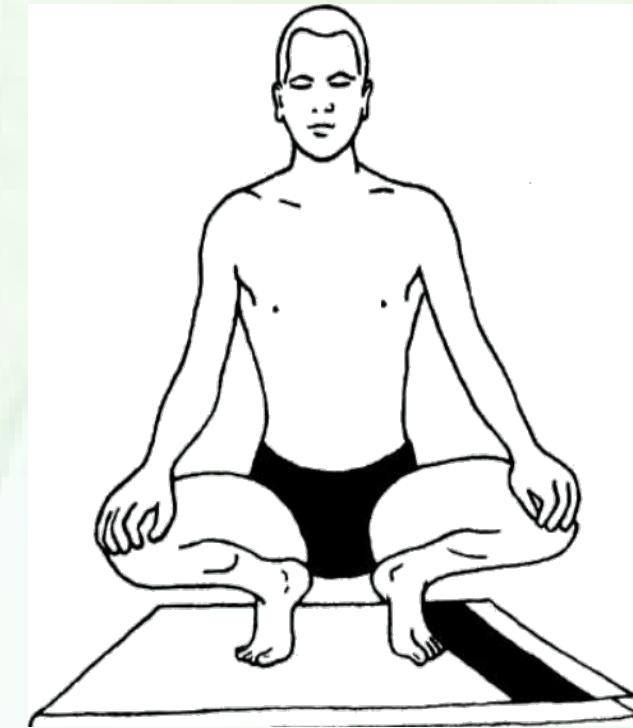
Dhauti



Trataka



Basti

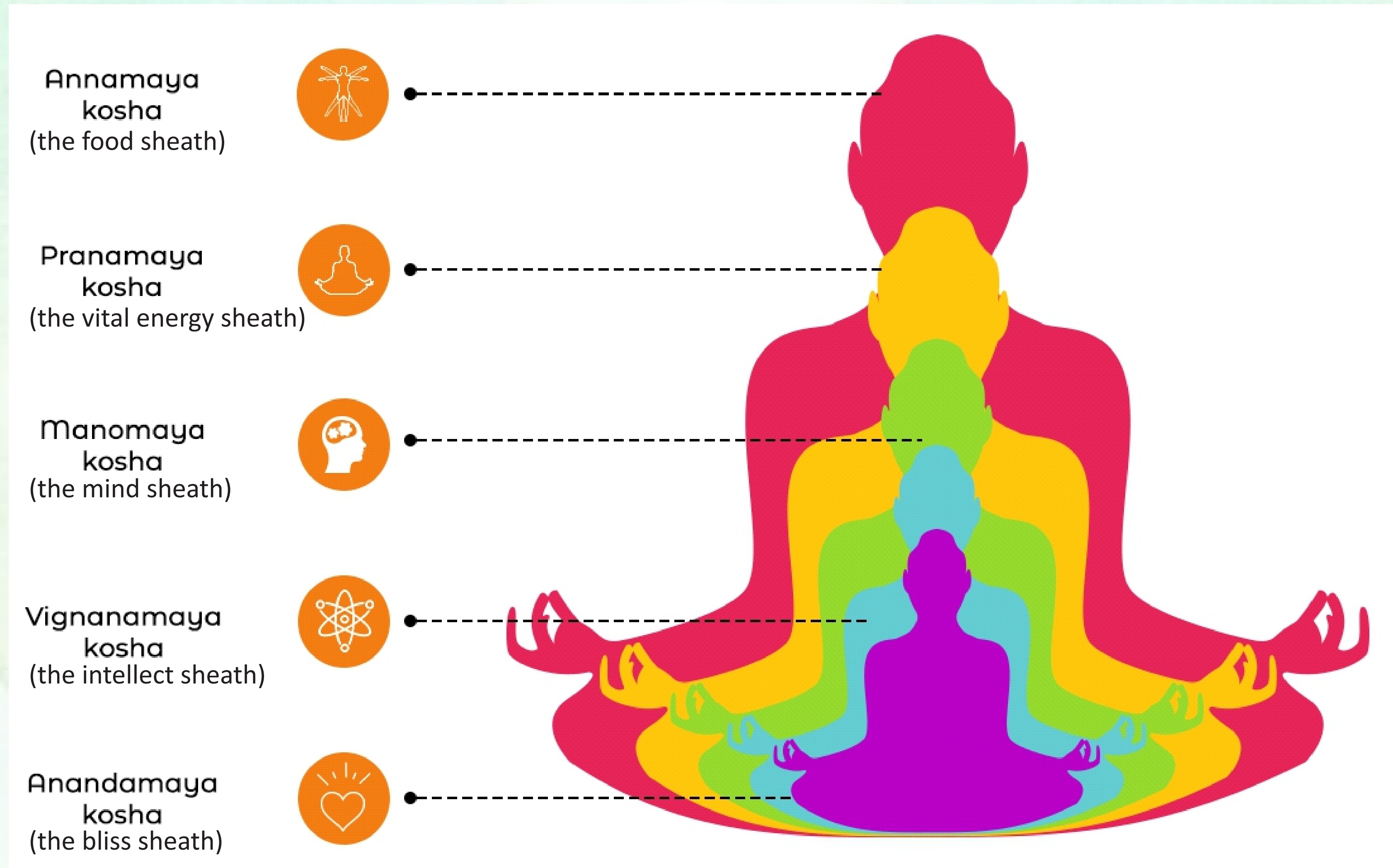


Dhautirbastistathā netistrātakam naulikam tathā Kapālabhātīśchaitāni shatkarmāni prachakshate – HYP 2.23

Dhauti, Basti, Neti, Trataka, Nauli and Kapalabhati are called shatkarma.

Pancha Kosha

The levels of human consciousness and creative functioning : Taittiriya Upanishad



Surya Namaskara

