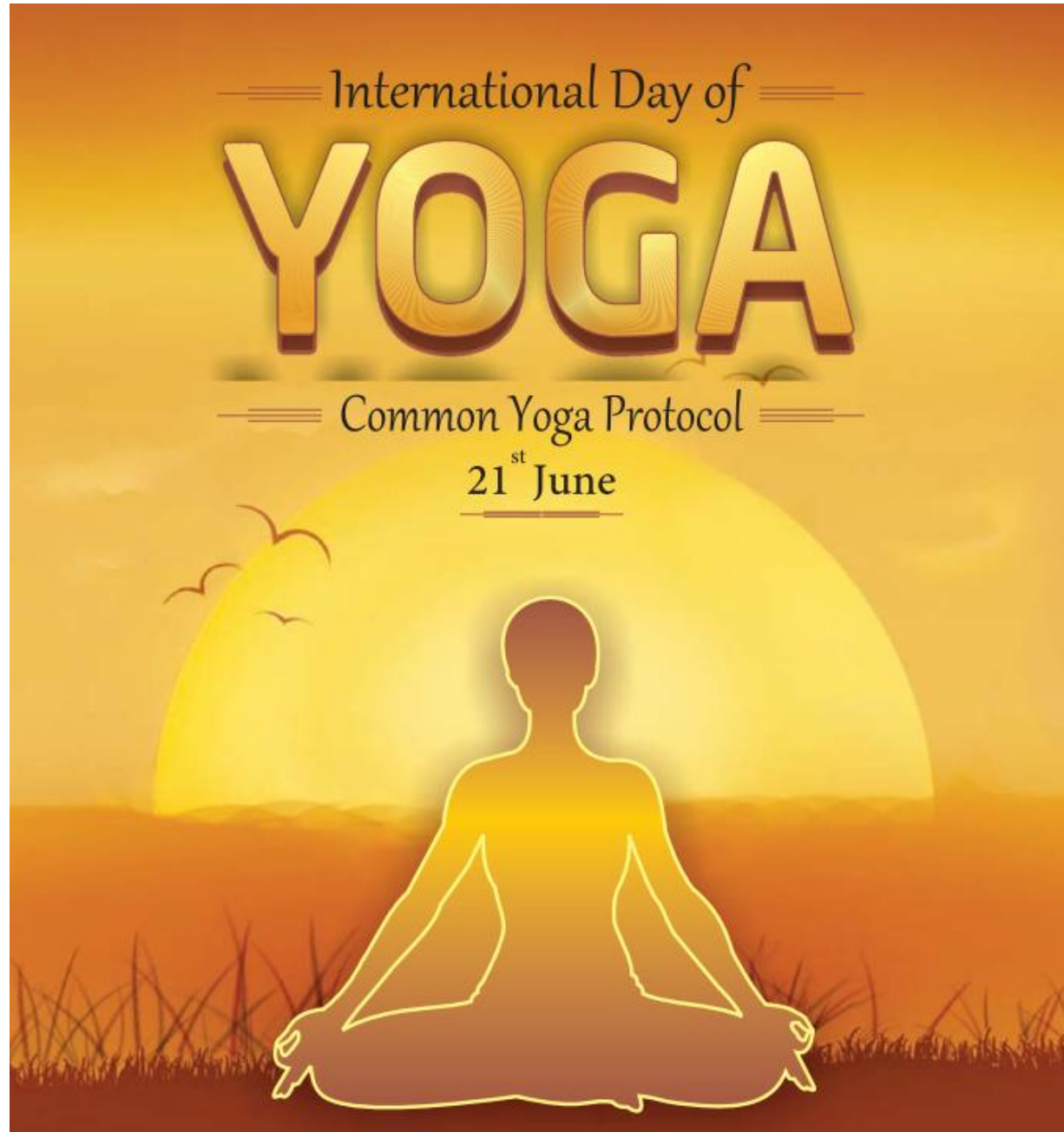




Yoga for Harmony & Peace



International Day of

YOGA

Common Yoga Protocol

21st June



What is Yoga?

If you thought that yoga was all about bending and twisting your body in odd shapes, it's time to rethink. Yoga is much more. In very simple words, giving care to your body, mind and breath is yoga.

Derived from the Sankrit word 'yuj' which means 'to unite or integrate'. Yoga is all about harmonizing the body with the mind and breath through the means of various breathing exercises, yoga poses (asanas) and meditation.

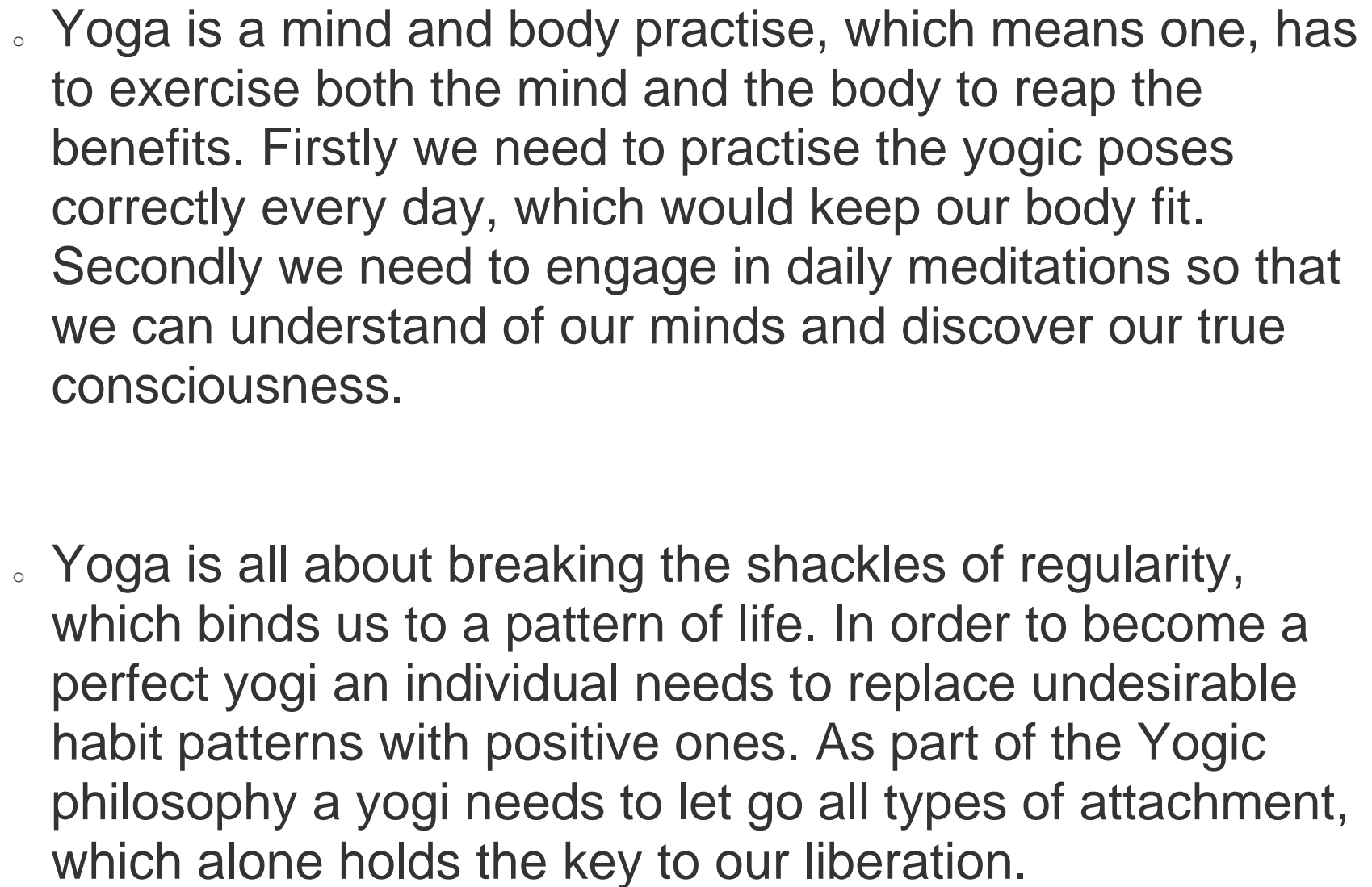
FUNDAMENTALS OF YOGA

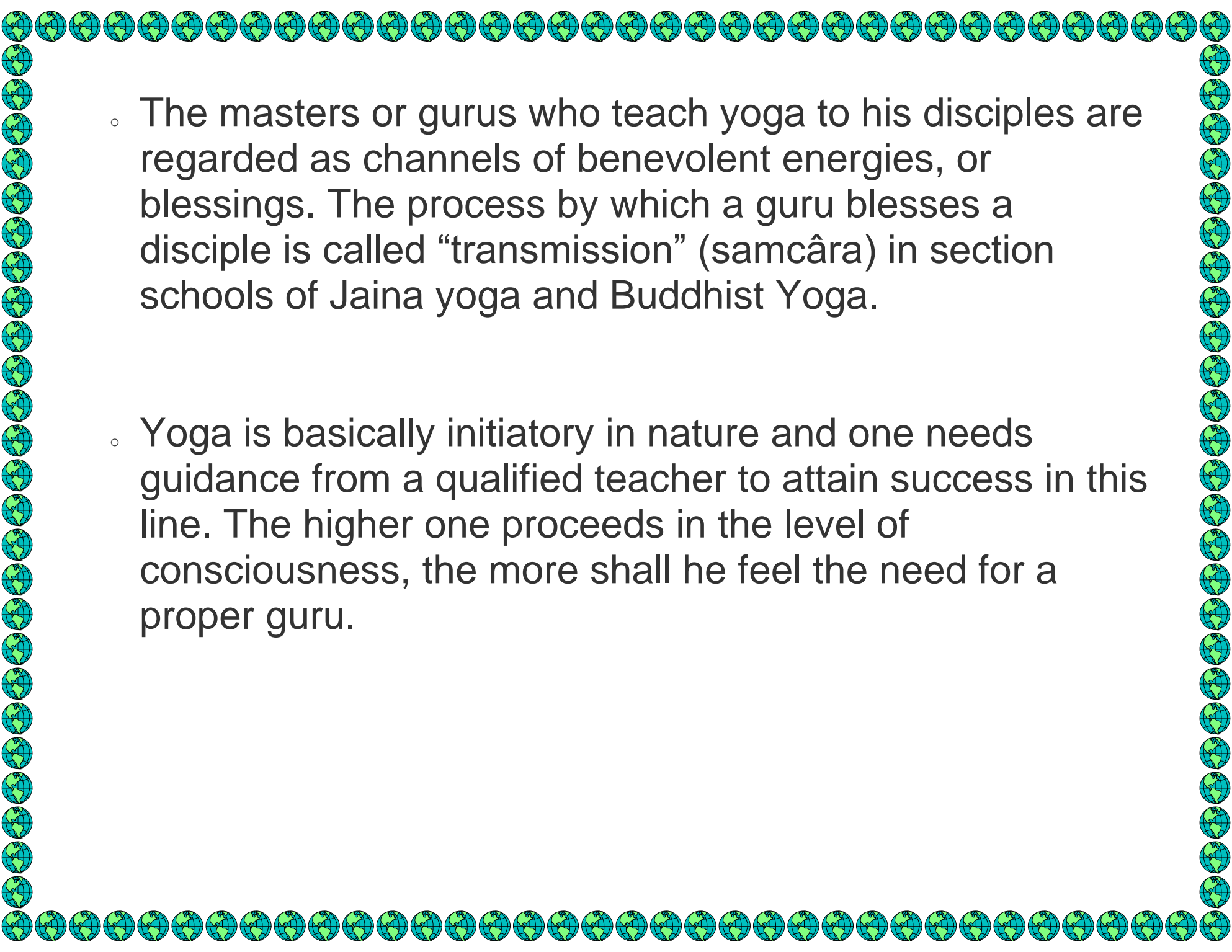


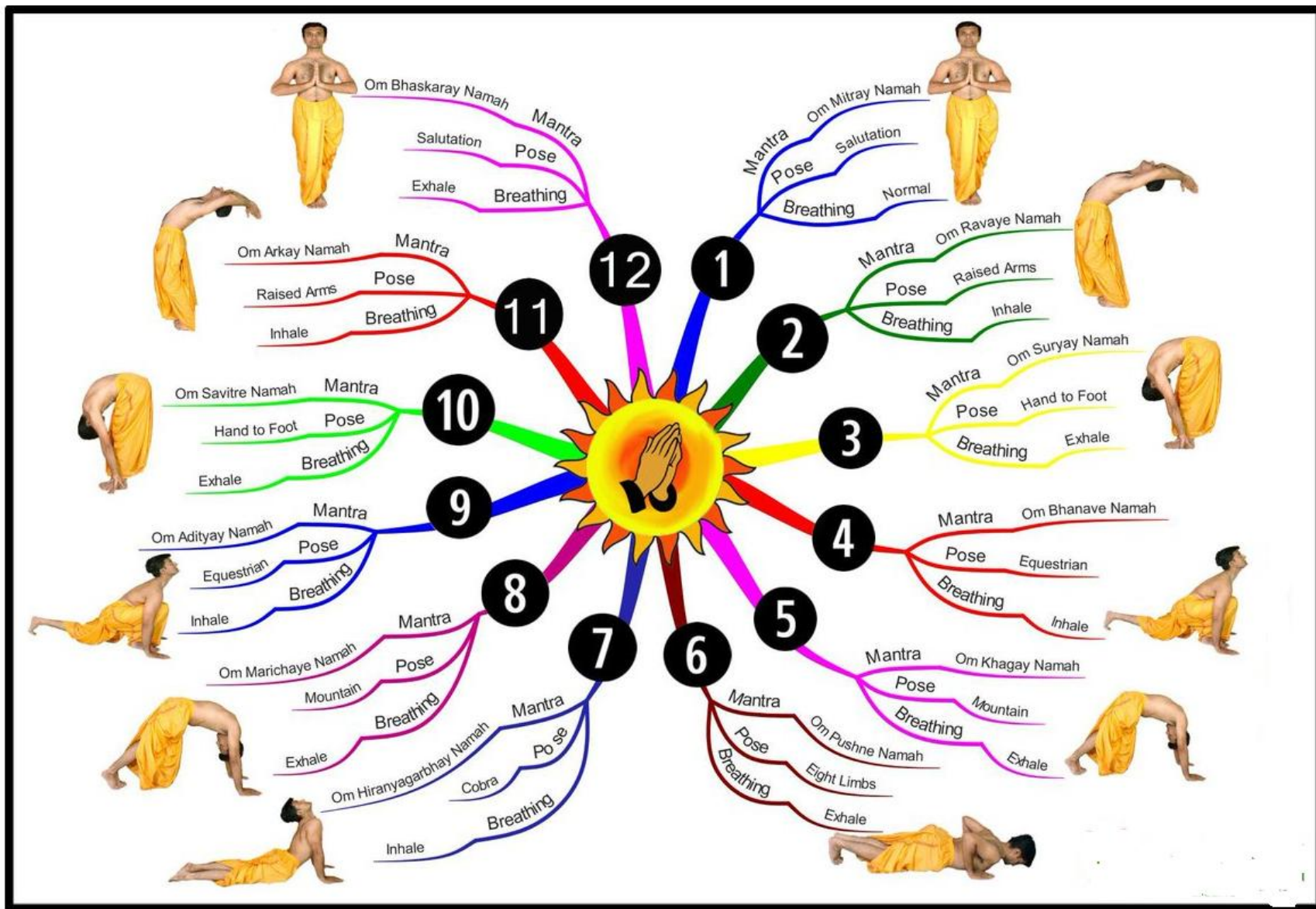


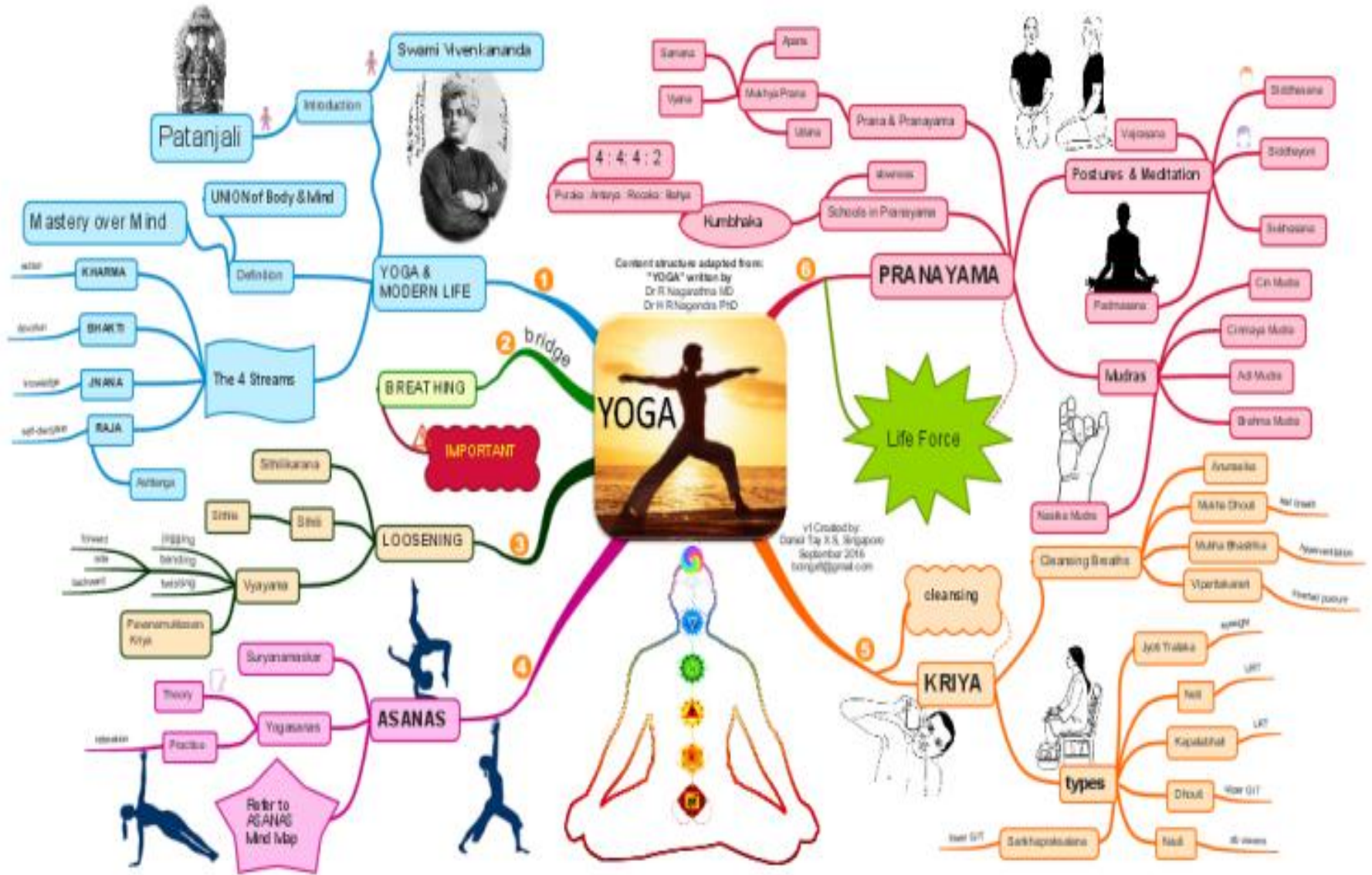
Basic Fundamentals of Yoga

- The basic fundamentals of Yoga is based on the concept that human beings are basically spiritual beings and aims to free us from the shackles of this worldly bondage that ties us down to our mundane existence of wants, wishes and desires. Yoga aims to make us realize our inner divinity which is much beyond our body mind and possession.
- In order to attain this superior level of consciousness, it is important that as individuals we lead a moral life that is guided by the principals of law, order, truthfulness, virtue, chastity, compassion and kindness. It is only when we follow these basic guidelines that we can realise our true nature fully.

- 
- Yoga is a mind and body practise, which means one, has to exercise both the mind and the body to reap the benefits. Firstly we need to practise the yogic poses correctly every day, which would keep our body fit. Secondly we need to engage in daily meditations so that we can understand of our minds and discover our true consciousness.
 - Yoga is all about breaking the shackles of regularity, which binds us to a pattern of life. In order to become a perfect yogi an individual needs to replace undesirable habit patterns with positive ones. As part of the Yogic philosophy a yogi needs to let go all types of attachment, which alone holds the key to our liberation.

- 
- The masters or gurus who teach yoga to his disciples are regarded as channels of benevolent energies, or blessings. The process by which a guru blesses a disciple is called “transmission” (samcâra) in section schools of Jaina yoga and Buddhist Yoga.
 - Yoga is basically initiatory in nature and one needs guidance from a qualified teacher to attain success in this line. The higher one proceeds in the level of consciousness, the more shall he feel the need for a proper guru.







HOW YOGA CAN HELP US

1. Yoga improves strength, balance and flexibility.
2. Yoga helps with back pain relief.
3. Yoga can ease arthritis symptoms.
4. Yoga benefits heart health.
5. Yoga relaxes you, to help you sleep better.
6. Yoga can mean more energy and brighter moods.
7. Yoga helps you manage stress.
8. Yoga connects you with a supportive community.
9. Yoga promotes better self-care.

General Guidelines for Yoga





Guidelines for Yoga Practice:

Yogic practice should be done on an empty stomach or light stomach. Consume small amount of honey in lukewarm water if you feel weak. Bladder and bowels should be empty before starting Yogic practices. A mattress, Yoga mat, durrie or folded blanket should be used for the practice.



Yoga based lifestyle modules for health promotion in healthy population;

Yoga Based life style module to improve immune resilience in healthy population of all age groups.



Do's and Don'ts

Do's:

1. One must always practice yoga early in the morning, after taking bath and without eating anything.
2. You can even perform yoga before bath, but after practice you must wait for some time and then take bath.
3. Keep the doors, windows open for fresh air and light while performing yoga.
4. Always practice yoga by spreading a blanket or carpet on a leveled floor.
5. While practicing yoga, you must concentrate only on yoga and try to keep away from unwanted thoughts.



Don'ts:

Women should not practice yoga during their menstrual period or pregnancy or any such other case.

Never practice yoga in smoky places or in areas with foul smell.

Children below 8 years of age should not be forced to practice yoga.

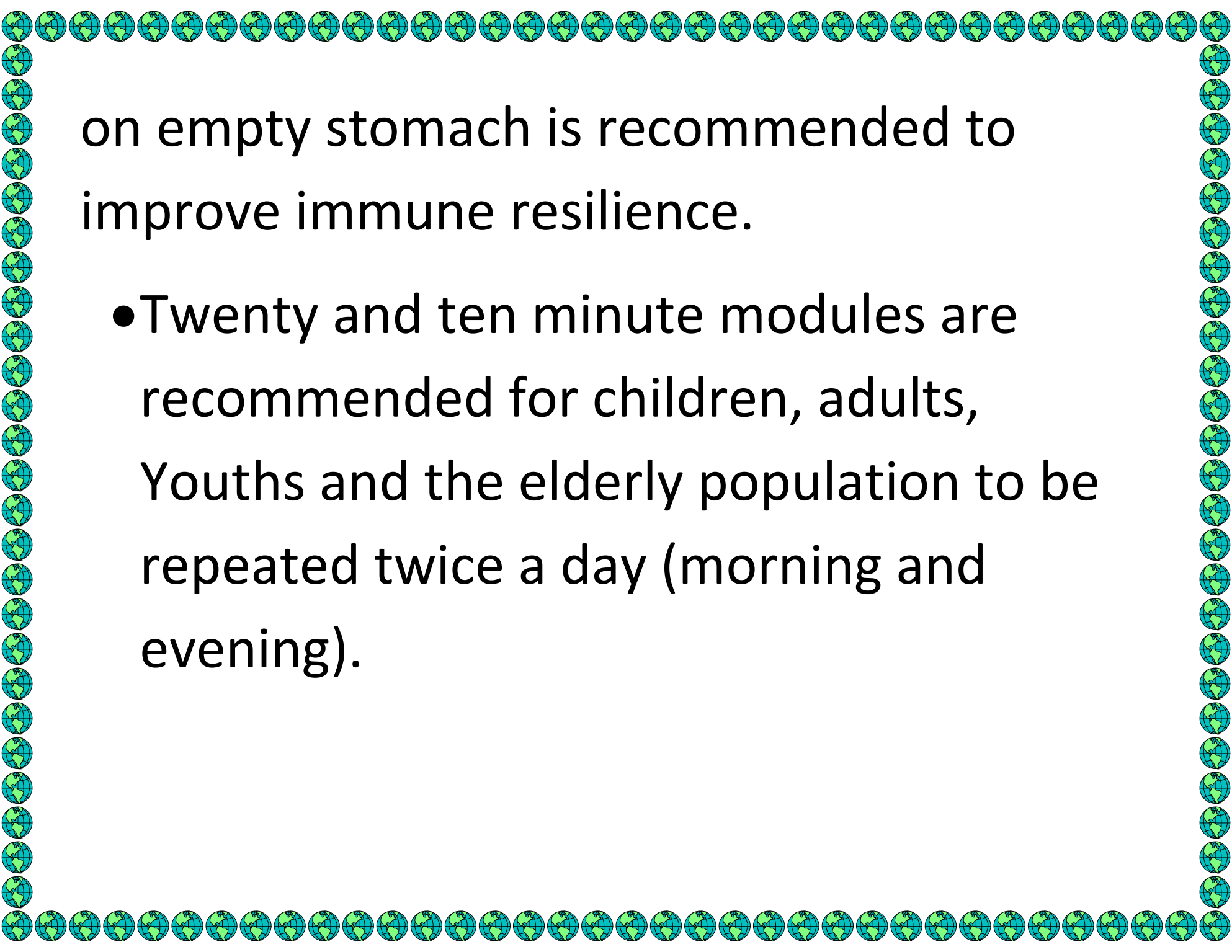
During illness, after surgeries, fractures, sprains, one should refrain from doing yoga. Resume practicing yoga only after consulting a physician.

Do not suppress yourself from sneezing, coughing etc. while practicing yoga.



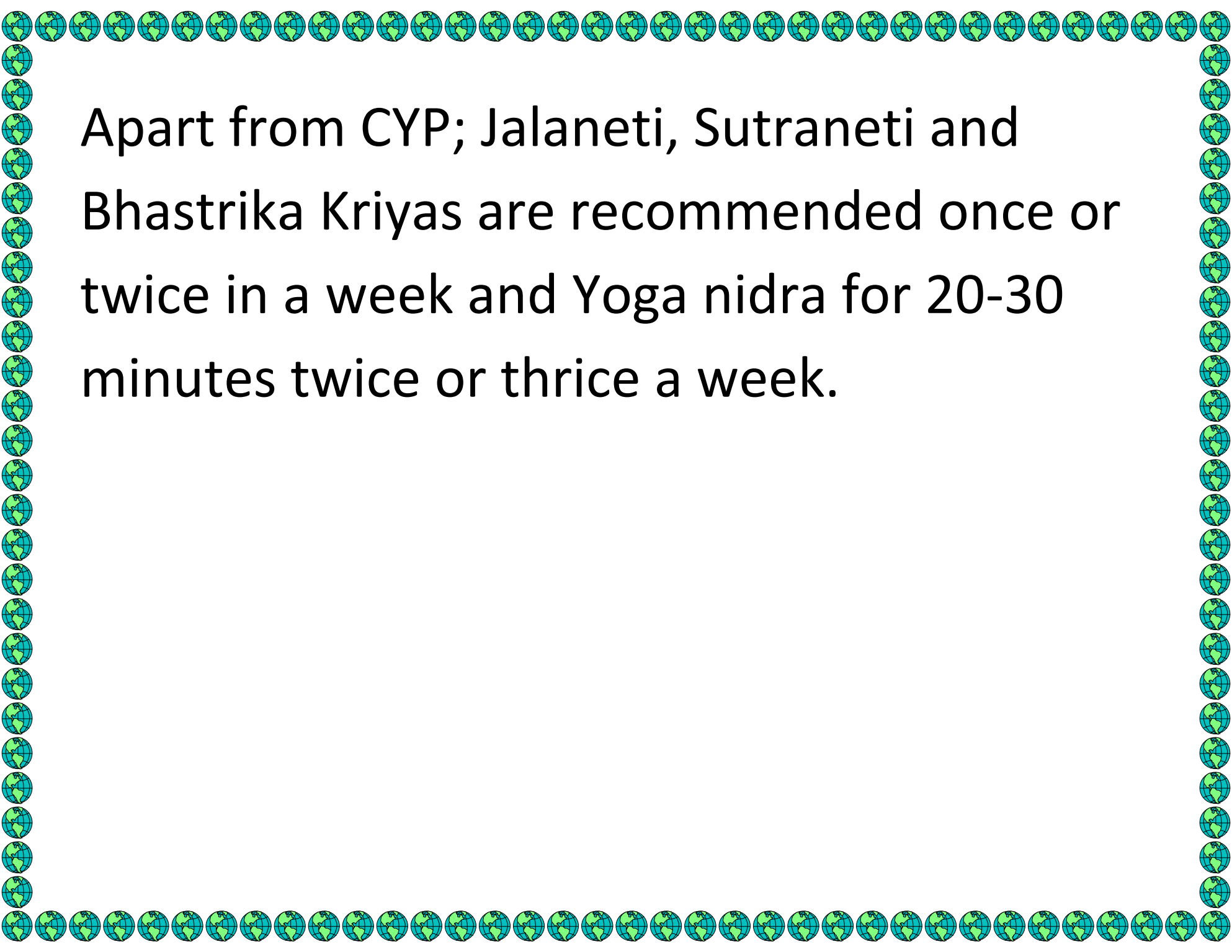
Common Yoga Protocol:

Forty-Five-minute module: The Common Yoga Protocol of IDY that was developed by a team of leading Yoga experts / Yoga Masters include safe practices to improve physical, mental, emotional and spiritual health of the population. Regular practice



on empty stomach is recommended to improve immune resilience.

- Twenty and ten minute modules are recommended for children, adults, Youths and the elderly population to be repeated twice a day (morning and evening).

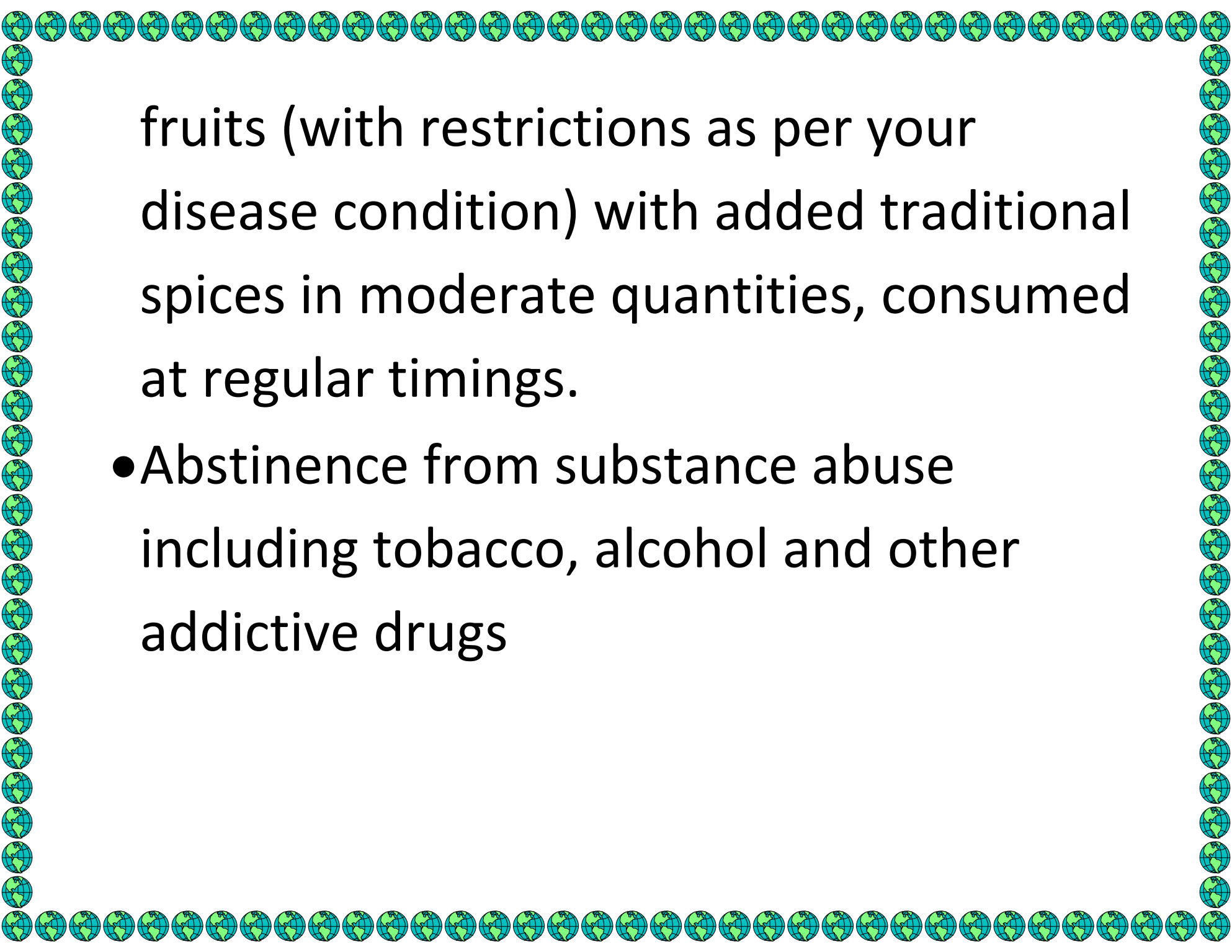


Apart from CYP; Jalaneti, Sutraneti and
Bhastrika Kriyas are recommended once or
twice in a week and Yoga nidra for 20-30
minutes twice or thrice a week.



Yogic Diet

- Follow the recommendations as per the medical advice on diet for your condition of diabetes, or heart disease etc. and add-on these concepts from yoga that promotes mental health.
- This includes wholesome nutritious freshly cooked traditional home cooked food with plenty of fresh vegetables and



fruits (with restrictions as per your disease condition) with added traditional spices in moderate quantities, consumed at regular timings.

- Abstinance from substance abuse including tobacco, alcohol and other addictive drugs

10 MINUTES YOGA

COMMON YOGA PROTOCOL - 10 MINUTES

	Practices	Name of the Practice	Duration (Minutes)
A	Starting	Prayer	30 seconds
B	Loosening Practices (SukṣmaVyāyāma / CālanaKriyā)	Neck Bending	2 minutes
		Shoulder movement	
		Trunk Movement	
C	Yoga Practices		
	Āsanas performed in standing posture	Tadāsana (The Palm tree posture)	1 minute
		ArdhaChakrāsana (The Half wheel posture)	1 minute
	Āsana performed in sitting posture	Sasakāsana (The Hare posture)	1 minute
	Āsana performed while lying on the stomach	Bhujangāsana (The Cobra posture)	1 minute
	Āsana performed while lying on the back	PawanaMuktāsana (The Wind releasing posture)	1 minute
D	Pranayama	(AnulomaViloma /Nadiswhodhana Pranayama) The Alternate nostril breathing (2 rounds)	1 minutes
E	Dhyāna	The Meditation	1 minutes
	Closing	Sankalpa/ Shanti patha	30 seconds
	TOTAL DURATION		10 minutes

20 MINUTES YOGA

II COMMON YOGA PROTOCOL - 20 MINUTES			
	Practices	Name of the Practice	Duration (Minutes)
A	Starting	Prayer	30 seconds
B	Loosening Practices (SukṣmaVyāyāma / CālanaKriyā)	Neck Bending	2.5 minutes
		Shoulder movement	
		Trunk Movement	
C	Yoga Practices		
	Āsanas performed in standing posture	Tadāsana (The Palm tree posture)	1 minute
		PadaHatasana(The Hands to the feet posture)/ArdhaChakrāsana (The Half wheel posture)	2 minutes
		Trikonāsana (The Triangle posture)	1 minute
	Āsanas performed in sitting posture	Bhadrāsana (The Firm/Auspicious posture)	1 minute
		ArdhaUshtrāsana (The Half camel posture)	1 minute
		Sasakāsana (The Hare posture)	1 minute
		Vakrāsana (The Seated twist posture)	1 minute
	Āsana performed while lying on the stomach	Bhujangāsana (The Cobra posture)	1 minute
	Āsana performed while lying on the back	PawanaMuktāsana (The Wind releasing posture)	1 minute
D	Kriya	Kaphalabhati (The Shining skull practice) 1 rounds, 30 cycles each	1 minute
E	Pranayama	AnulomaViloma Pranayama (The Alternate nostril breathing) (5 rounds)	2 minutes
		Bhramari Pranayama(BhramariRechaka) (The Bee sound breathing) (3 rounds)	1.5 minutes
F	Dhyāna	The Meditation	2 minutes
	Closing	Sankalp/ Shanti patha	30 seconds
	TOTAL DURATION		20 minutes

45 MINUTES YOGA

III COMMON YOGA PROTOCOL - 45 MINUTES			
	Practices	Name of the Practice	Duration (Minutes)
A	Starting	Prayer	1
B	Loosening Practices (SukṣmaVyāyāma / CālanaKriyā)	Neck Bending	2
		Shoulder movement	2
		Trunk Movement	1
		Knee Movement	1
C	Yoga Practices		
	Āsanās performed in standing posture	Tadāsana (The Palm tree posture)	1
		Vrikshāsana (The Tree posture)	2
		Pada-hastāsana (The Hands to the feet posture)	1
		ArdhaChakrāsana (The Half wheel posture)	1
		Trikonāsana (The Triangle posture)	2
	Āsanās performed in sitting posture	Bhadrāsana (The Firm/auspicious posture)	1
		Vajrāsana The Thunderbolt/diamond posture)	1
		ArdhaUshtrāsana (The Half camel posture)	1
		Ushtrāsana (The Camel posture)	1
		Sasakāsana (The Hare posture)	1
		UtthanaMandukāsana (The Stretched up-frog posture)	1
		Vakrāsana (The Seated twist posture)	2
	Āsanās performed while lying on the stomach	Makarāsana (The Crocodile posture)	1
		Bhujangāsana (The Cobra posture)	1
		Shalabhāsana (The Locust posture)	1
	Āsanās performed while lying on the back	Setubandhāsana (The Bridge posture)	1
		Utthanapadāsana (The Raised leg posture)	0.5
		ArdhaHalāsana (The Half plough posture)	0.5
		PawanaMuktāsana (The Wind releasing posture)	2
		Shavāsana (The Corpse posture)	2



Prayer



Neck Bending



Shoulder Stretching



Shoulder Rotation



Trunk Twisting



Knee Movement



Tadasana



Vrikshasana



Pada-Hasthasana



Ardh-Chakrasana



Trikonasana



Dandasana



Bhadrasana



Vajrasana



Ardh-Ushtrasana



Ushtrasana



Shashankasana



Uttana-manduk-asana



Vakrasana



Makarasana



Bhujangasana



Shalabhasana



Setubandh-asana



Uttana-pada-asana



Ardh-hala-asana



Pavan-mukt-asana



Savasana



Kapalbhati



Nadishodhana



Sitali Pranayama



Bhramri Pranayama



Dhyana

Note :

1. Yoganidra for 20 minutes is advised for twice or thrice a week
2. Jalaneti and Sutraneiti may be practiced once or twice a week.



Sankalpa: (End the Yoga Practice Session with a Sankalpa)

I commit, to make myself into a healthy, peaceful, joyful and loving human being. Through every action of mine, I will strive to create a peaceful and loving atmosphere around me. I strive to break the limitations of who I am right now and include the entire world as my own. I recognize the kinship of my own life with every other life. I recognize the unity of all there is.



SantihPatha

Sarve Bhavantu Sukhinah,

Sarve Santu Nirāmayah

Sarve Bhadrani Paśyantu,

Maa Kascit Duhkha Bhāgbhavet

Shantih Shantih Shantih

**English Version: May All become Happy, May All be Free
from Illness.**

May All See what is Auspicious, May no one Suffer.

