



A CENTRE
FOR THE STUDY
OF YOGA





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What do we Teach?

1: Sets of physical practices/Hatha Yoga - for various parts of the body as well as mental, emotional and spiritual development. You will get a good insight and understanding of physical, mental, emotional and spiritual aspects of postures to help and enable you to teach yoga classes to various level of students.

2: Pranayama practice/s – physical, mental and emotional cleanse from various yogic scriptures. There will be quite a few structured pranayama sadhana during the course which depends on individual level of students.

3. Yogic Relaxation and Visualisations- You will be learning and practising 20-30 yogic visualization techniques for deeper yogic relaxation, yoga nidra and meditation. It will enable you to choose the suitable practices for your personal daily sadhana as well as for your teachings according to level of students.

4: Yogic philosophy or theory- In depth study of yoga philosophy of Patanjali Yoga Sutras and other yogic scriptures to enable our students to understand various aspects of individual life. You will study in depth about-

- The Eight Limbs of Ashtanga Yoga of Patanjali:
- Yama - Moral Observances
- Niyama - Ethical Observances
- Asana - Posture work
- Pranayama - Breath/ energy control
- Pratyahara - Sensory withdrawal
- Dharana - Concentration
- Dhyana - Meditation
- Samadhi – Enlightenment
- Karma- theory
- Mind and its Psychology in Yogic context
- Yogic life style

5: Anatomy, Physiology and Yoga- In depth study of the human body, specially respiratory system, nervous system, muscular system, endocrine system and cardiovascular system.

6: Bhajan singing and Mantra chanting- part of Bhakti yoga and yogic healing through sounds. Which gradually can lead you to be able to practices Kundalini yoga of Rishiculutre tradition. It helps students to open up and refine their pranic energy channels and chakras.

7: Karma Yoga: 'Action without desire for the fruits' working together as a community on the course trying to watch our own actions and reactions within the ashram setting consciously evolving and refining ourselves.



Yoga: A Path to Evolution and Liberation

Yoga in its true meaning means union or oneness. Nowadays most people understand yoga as synonym of Asana/posture, and Kriya/movement. The word yoga is a Sanskrita term derived from root 'yuj', which means adding, joining or uniting. Yoga means union with the self with the supreme self, or union of self with divine self.

Maharishi Patanjali explains Yoga as a path and goal. In the first sutra he describes yoga as discipline (atha-yoga-anushasanam: here is the discipline of yoga). Yoga includes kriyas and prakriyas, tools in forms of practices and their applications to grow physically, mentally, emotionally and spiritually. In verse 2 and 3 Patanjali explains yoga as stillness or quietness of mind and the absorption of mind in to Self itself. From verse 4 he describes that if we are not aware to our true self, our mind or chitta is busy in its own whirlpools. Here as a path, yoga provides us tools to clear, cleanse, unwind and unlearn all these whirlpools, ideas, concepts and experiences leading us into these whirlpools of the mind, our feelings, and emotions.

Swamiji Dr Gitananda Giriji mentions that "yoga is mother of all the sciences. Yoga is scientific, applicable and universal". Sciences are based on experiment and proof. Yoga has all the tools for health and well being, evolution and liberation. The Sadhaka needs to learn and follow all the practices, kriyas and prakriyas, asana and pranayama and experience the truth. Its also proved and experimented and experienced by thousands of Yoga Masters and Gurus, Rishis and Maharishis.

In the Bhagavata Gita lord Krishna describes yoga as follows:

"Yoga is skill in action; Yoga is equanimity; Yoga is union; Yoga is devotion; Yoga is meditation or one-pointed concentration."

All these definitions of yoga clearly describe yoga as skilful, mindful, harmonic, holistic living. Yogic living is evolutionary path to empower the self and enable one to experience and become one with the divine.

Samkhya Yoga describes yoga as a path of freeing the Purusha (self) from all the gross elements and attributes and leading it in union or oneness with the Parmatman (supreme self). This whole universe, living and non-living aspects

are composed of elements or bhutas or the evolutes of Cosmic energy or divine self. Our true self is covered with our ego, i-ness, karma, whirlpools and states of mind, our memories, experiences and desires. Following yoga practices, yamas and niyamas and other aspects helps us to clear this covering from our soul, so it can shine freely and illuminate its light again.

Yoga has many paths and approaches, tools and applications, kriyas and prakriyas, moral restrains and observations. It can work through behavioural, learnt life problems or habitual or cultural conditioning clearly revealing to us the true nature of our existence through its wisdom and realisations. Yoga is a holistic living, taking responsibility of our behaviour, actions and reactions, choices and decisions we make. Swamiji Gitananda states that:

“Worldly and material people are living to learn whilst a yogi learns how to live.”



Who will Teach?

Yogachariya Jnandev (Surender Saini) Director and founder of Yoga Satsanga Ashram – Msc Yoga and Meditation (Gold medallist) Jain Vishnu Bharat University, Rajasthan. YTT Richiculture Ashtanga Yoga, Ananda Ashram, Tamil Nadu, S. India.

Yogacharini Deepika (Sally Saini) Co-Director of Yoga Satsang Ashram - YTT Rishiculture Ashtanga Yoga, Ananda Ashram, S India (2006).

Both Senior Yoga Teachers (Yoga alliance) and trained together at the International Centre for Education and Research, South India (2006). For more details see www.icyer.org

Yogachariya Jnandev is from India and also completed Msc in Yoga and meditation and was awarded the gold medal for being the top student of the university – Jain Vishnu Bharat, Rajasthan. In addition to this Jnandev has lived amongst Saddhus and Yogis in India prior to coming to the UK. His knowledge and experience of the ancient system of Yoga is rarely found, particularly in the west.



Yogachariya Jnandev
(Surender Saini)



Yogacharini Deepika
(Sally Saini)

Our new one - month Yoga Teacher Training Intensive (200 hours)

After much deliberation and the blessings of our Gurus we have decided to open our doors to students seeking to learn in an intensive way to allow to more Yoga seekers to be initiated into this authentic tradition. This Intensive residential Yoga teacher training course will include following elements of Holistic Rishiculture Ashtanga Yoga:

1. Hatha Yoga – Two daily sessions of Kriya work, asana, mudra, Pranayama, and relaxation techniques. One led by Jnandev or Deepika and one led by students as a practice teaching skills. You will be learning 6 sets of intensive hatha yoga practice for digestive system, skeletal system, pelvic area, general health and well being, hathenas for breathing, loma viloma for energy balancing. There will be two intensive Vinyasa series and variations of sun-salutations for physical strength and vital energy. You will also learn some classical pranayama and relaxation techniques.
2. Ashtanga – a detailed study of Raja Yoga philosophy and its applications in daily life. We will work on eight limbs of yoga and study yoga and its applications from other Scriptures.
3. Lesson Planning– You will be teaching your practice sessions and we will give you regular feedback to help improve your teaching skills.
4. Home Work and Study Time– You will need to do your regular homework and self-study to understand yoga as self-study or introspection.
5. Bhajans and Mantras– A daily session on bhajans and mantras with Deepika to give you experience of bhakti yoga and its power for cleansing your body, mind and soul.

6. Cleansing Practices– We will initiate you into some cleansing practices like Jala Neti, Bhastrika and Kapalbhathi, fasting, and depending on the group we will teach the Shankha Prakshalana (full intestinal cleanse).
7. Mauna– After Satsanga every evening we follow Mauna or silence to give you time and space to digest what you have learned during the day.
8. Anatomy and Physiology– Our physiotherapist will teach basic anatomy and physiology you will need to know to be a safe yoga teacher.
9. Correction and Modification– With each series of postures we will also work on correction and modification so you can help your students.
10. Karma Yoga- You will be allocated different jobs daily to learn how to be a good karma yogi or yogini without judging.



One Year 300 hours Yoga Teacher Training run at the Ashram and in Bristol

MODULE 1

Theme	Foundations of Yoga Practice
Hatha Yoga practice	Jattis & kriyas for loosening & warming up, chatuspada kriya, danda kriya, palavini kriya, pawanmukta kriya, vajrasana and variations, yoga mudra & shakti mudra Aruna Suriya Namaskar, Rishikesh Suriya Namaskar
Pranayama	Sukha puravaka pranayama (equal rhythm), loma & viloma (breath retention)
Yogic Theory	Defining yoga - ancient & modern aspects, physical & spiritual benefits; Yoga as a path of union with the Supreme Self; Practical issues in establishing your practice
A&P	Stress and Yoga
Singing and Chanting	Universal Mantras and Bhajans

MODULE 2

Theme	Yoga as a Way of Life and Deepening the Breath
Hatha Yoga practice	The Hathenas series for lower, middle, upper and complete lung breathing Aruna Suriya Namaskar and Rishikesh Suriya Namaskar
Pranayama	Vibhaga Pranayama to activate different parts of the lungs- lower, middle and upper, with associated mudras
Yogic Theory	Classifications of yoga - Raja, hatha, mantra, laya, tantra, karma, jnana, bhakti, kundalini, pranayama; Introduction to the yamas (restraints) and niyamas (duties); Yoga as four-fold awareness; Benefits of yoga for stress and nervous tension; Physical and spiritual aspects of shavasana; Yoga as a science of self-realisation; Introduction to Yoga Sutras of Patanjali
A&P	Introduction to Human Body and Yoga
Singing and chanting	Universal Mantras and Bhajans

MODULE 3

Theme	Yoga as a Path of Awareness
Hatha Yoga practice	Kaya Vidya (body awareness) series - Vajra veera asana, namaskar mudra series, Uthakatha asana, Meru asana, Hasta padasana, Sama-sthiti, Surya Namaskara and variations, suriya mantras, Aruna Suriya Namaskar Kriya
Pranayama	Pranava/AUM sadhana and its ancient sources; Savitri pranayama (rhythmical breathing) and effects of different Timings
Yogic Theory	Yoga Theory: Understanding prana; Obstacles to yogic evolution; Elaboration on the five niyamas (duties); Shata karmas (cleansing practices)
A&P	Respiratory System and Yoga
Nada Yoga	Mantras and Bhajans

MODULE 4

Theme	Yoga and Multi-layered existence
Hatha Yoga practice	Loma Viloma (shiva/shakti) balancing—single and double leg lifts, torso lifts, Aruna Suriya Kriya Progression
Pranayama	Introduction To Loma-Viloma Pranayama (alternate nostril breathing)
Yogic Theory	Asana as the 3rd step in Ashtanga yoga; The 5 bodies (pancha koshas); key asanas in different yoga traditions; the five pranas; the naris; chakras; the five pancha koshas (sheaths), methods of meditation; introduction to Svara yoga
A&P	Systems of Body
Nada Yoga	Mantras and Bhajans

MODULE 5

Theme	Understanding Prana
Hatha Yoga practice	For spinal health--Supta-vajrasana; For brain vitalization - Vajra-Veeriya group; For the Nervous system - Sukha Asana, Baddha Kona Asana, Sama Pada Asana, Associated mudras Self-Healing Yoga Series
Pranayama	Sukha & Savitri Pranayama in different rhythms, as pratyahara, dharana and dhyana
Yogic Theory	What is Pranayama; Pranayama in the yoga scriptures; the Physiology of respiration; Effect of thoughts and emotions on prana & pranayama; the Guru-Shisya relationship (teacher-student relationship); Yoga diet & health; Introduction to tantra
A&P	General Body System
Nada Yoga	Mantras and Bhajans

MODULE 6

Theme	The Hatha Yoga Pradipika a foundational Yoga Text from the 14 th Century
Hatha Yoga practice	The most important asanas from the HYP--siddha asana, padma asana, simha asana, bhadra asana, bandhas, cleansing practices, mudras, Hand Balancing Yoga Adjustments and Modifications
Pranayama	Different methods of pranayama described in the HYP; Utilizing bandhas and alternate nostril breathing; Kapala bhati; Ujayee; Sitali; Bhastrika
Yogic Theory	Introduction to the Hindu philosophy of yugas; overview of the complete, multi-faceted system of hatha yoga as detailed in the Hatha Yoga Pradipika
Midway review	1:1 meetings with students on progress/coursework review
Nada Yoga	Mantras and Bhajans

MODULE 7

Theme	The Philosophical System of Yoga & Strengthening the Body
Hatha Yoga practice	The Sama Sthiti group (14 standing postures) for strength and alignment, including Veeriya Asana (warrior), Trikona Asana (triangle) and Nataraja Asana (Lord Shiva's dance) Yoga Khatriya Kriyas- a beautiful and strong vinyanas or suriya namaskar of warriors
Pranayama	Pancha Sahita pranayama—particular breathing rhythm sequences to purify and vitalise the lungs, liver, digestion, elimination and heart systems.
Yogic Theory	Theory: The Law of Karma; Elaboration on the yoga sutras of Patanjali and the four padas (chapters); the ten major naris; the seven chakras
Practice Teaching	Leading mock teaching sessions with each other, or parts of classes eg. warm ups, sun salutations etc.
Nada Yoga	Mantras and Bhajans

MODULE 8

Theme	Pratyahara- Withdrawal of the Senses (the fifth limb of Ashtanga yoga)
Hatha Yoga practice	A series of 17 pelvic loosening postures, Head Stand Series Adjustments and Modifications
Pranayama	Savitri rhythm beginning with 6/3 and gradually expanding, as an exploration of pratyahara and dharanas
Yogic Theory	What is Pratyahara; the sense organs; control of the senses and mental impressions; pratyahara in the scriptures Yantra: The yogic science of number, name and form. Color meditations and the aura
Practice Teaching	Leading mock teaching sessions with each other, or parts of classes eg. warm ups, sun salutations etc.
Nada Yoga	Yoga Sutra Chants

MODULE 9

Theme	Meditation and Inner Balance
Hatha Yoga practice	Twisting poses for spinal flexibility and activation of the digestive system Suriya Namaskar Variations revision Head Stand series
Pranayama	Bhramari and bhramara pranayama (bee sounds) for cleansing the nervous system, yoni mudra and sanmukhi mudra
Yogic Theory	How to meditate; meditation in the scriptures; meditation for a healthy and integrated personality; some yoga sequences for regular sadhana
Practice Teaching	Leading mock teaching sessions with each other, or parts of classes eg. warm ups, sun salutations etc.
Nada Yoga	Mantras and Bhajans

Module 10

Theme	Integrating and Preparing to Teach
Hatha Yoga practice	Navasana and variations, Halasana and variations, Sarvanga Asana and variations, Setu-bandha-asana Lesson Planning and Teaching Hatha Yoga
Pranayama	Full Loma-Viloma Pranayama for cleansing and smoothing nervous system
Yogic Theory	Student-teaching sessions, review and discussion, what does it mean to teach, finding one's own style
Practice Teaching	Leading mock teaching sessions with each other, or parts of classes eg. warm ups, sun salutations etc.
Nada Yoga	Mantras and Bhajans

Module 11

Theme	Uniting shiva and shakti energy
Hatha Yoga practice	Partner yoga series from Tantric and Hatha yoga
Pranayama	Loma-Viloma Pranayama (alternate nostril breathing with breath retention)
Yogic Theory	Anatomical structure and body systems: planes and cavities, muscles, tissues, cellular structure, how the nervous system works; yogic system of the five bodies(koshas), how Western anatomy intersects with yogic principles and practices such as asana and pancha pranas (energy flows through the body)
Practice Teaching	Leading mock teaching sessions with each other, or parts of classes eg. warm ups, sun salutations etc.
Nada Yoga	Mantras and Bhajans

MODULE 12

Theme	Course completion: students teaching sessions
Hatha Yoga practice	Students teaching different series from the course
Pranayama	Students leading basic pranayama practices
Yogic Theory	Students presenting a short talk on a chosen aspect of yogic theory
Quiz and demonstrations	Students completing a Yoga theory Quiz and demonstrating postures to Sanskrit names.
Nada Yoga	Mantras and Bhajans
Closing ceremony	

MODULE: Anatomy and Physiology :

We are very lucky to have our own trained Yoga Teacher who is also a physiotherapist! Caroline will come into every course three times for approx two hours each session and go over essential A & P and practical guidelines for Yoga Teachers.



If you are interested in any of our courses
please contact us for
dates, prices and more information

Tel: 01437 562200

Web: www.yogasatsang.org

Email: ashramwales@gmail.com



Ashtanga Yoga

The Eight Limbs or Steps of Yoga

1. PANCHA YAMA Ahimsa (non-harm), Satya (truthfulness), Asteya (non-stealing), Brahmachariya (continence), and Aparigraha (non-greed). Yamas deals with our moral and ethical behavior to refine our animal behavior patterns. Yamas can also be seen as how to fulfill our biological needs and desires. Ahimsa or non-violence, means abstaining from any violent activity on physical, mental, emotional and spiritual levels. We need to master yamas universally towards ourselves and other, material and non-material aspects. The second Yama is Satya or truth which means abstaining from lies, dishonesty, and the manipulation of reality. The third Yama is Asteya or non-stealing meaning abstaining from stealing, or taking things don't belong to us and not taking anything for granted. The fourth Yama is Brahmachariya, meaning abstaining from breaking the laws of nature and energy. Many translate this as sexual abstinence, however as yoga is also a path for the 'householder' hence it should be translated as sexual discipline and channeling our energy into higher realizations and truth seeking instead of sensual pleasures. Aparigraha is the fifth and last of the Yamas, which means non-greed or detachment. Being free from accumulating things we don't need, letting go and freeing from clinging to material and non-material aspects.

2. PANCHA NIYAMA Shaucha (cleanliness), Santosha (contentment), Tapas (austerity), Swadhyaya (self-study), and Isvara-pranidhana (a selfless surrender to God) are the five Niyamas. Niyamas are practices we all need to follow to achieve success in our goals. The first Niyama is Shaucha, which means cleansing or hygiene. Keeping our body, mind and emotions clean and free from negativity. It also includes the cleanliness of our surroundings and environment. Santosha is second Niyama means contentment or self-satisfaction. Being contented in outcomes or fruits of everything we do. This can also be seen as non-judgemental living. The next three Niyamas are also classified as Kriya Yoga and are described as being enough to lead us to liberation or enlightenment. Tapas, the third Niyama means austerity or practice. Following and practicing our yoga daily with sincerity, regularity, faith and devotion. The fourth Niyama is Swadhyaya which means intro-inspection or self study. Being aware to our body, mind and emotions is first step towards Swadhyaya, which can gradually lead us to awareness of awareness itself. The fifth Niyama is Isvara-Pranidhana, which means surrendering to the Divine.

Swamiji Dr Gitananda Giriji translates it as seeing life and life events as a Divine blessing (isvara-prasadhanam).

3. ASANA Asana is third limb of Raja Yoga, which means a seat, a state of being, or a throne. Patanjali describes asana as “sthiram sukham asanam” which means a “steady, stable and pleasant posture is Asana.” Asana or posture is for achieving a healthy body and a healthy mind so that one can be comfortable in one position or asana for meditation and other higher practices. Various scriptures describe various number of postures like 84 and 32 and out of them four meditation postures are the most important. These are Sukhasana, Vajrasana, Padmasana and Siddhasana. Hatha-Yoga-Pradipika, Gheranda Samhita and Yajnavalkya are some of the texts have great detail on Asana and Mudras. Asana are to refine, awaken and channel our gross energies to subtle energies.

4. PRANAYAMA Pranayama, controlling the vital forces of the body and mind is the fourth limb of Raja Yoga. Pranayama is derived from the Sanskrit words Prana and Ayama. Prana means purest and subtlest forms of cosmic energy it is all pervading, eternal and ever existing. Ayama means extension or lengthening. Breath is used as a tool to control, refine and channel our Prana. Pranayama is for cleansing our mind, nervous system, mental and emotional bodies and gradually refining gross prana or forces to subtle prana or life force or eternal cosmic energy. The Hatha-Yoga Pradipika describes eight classical Pranayamas. These are Suriya and Chandra Nari, Bhastrika, Kapalbhathi, Anuloma Viloma, Nari Sodhana, Bhramari, Kaki, Shitali and Shitakari Pranayama. In the Gitananda tradition Swamiji taught and spoke of 120 Pranayamas.

5. PRATYAHARA Pratyahara, sensory withdrawal or introversion of mind and senses. This fifth limb of Raja Yoga and deals with training our senses, mind and their fields of actions or attributes. We all are familiar with the five sense organs eyes, nose, ears, tongue and skin. These are interactive bridges between our external and internal environment and help us to know what is going on around us. Yoga describes 13 sense organs all together. The next five are known as Karmendriyas or instruments of action, or locomotive sense organs. These are the feet, the hands, excretion, reproduction and speech. The other three sense organs or instruments are mind, buddhi (or intellect) and ego. As in Pranayama we refine our energies, which is followed by Pratyahara

as withdrawal and introversion of the subtle energies. This is also training our mind and senses to be able to focus inward to our vital energies and true self.

6. DHARANA Dharana, or concentration is the sixth limb. Patanjali mentions that Dharana or concentration is ability of mind. This limb includes a set of visualisations or practices to train our mind and engage or focus it on one point. This includes external and internal or conceptual visualisations and contemplations gradually leading us to realizing who we really are. The Kashmiri Bhairava Tantra deals in detail on more than 110 techniques of concentration.

In the Bhagavad Gita Lord Krishna describes one of the most beautifully simple Dharana or concentration techniques. He says: "Choose a comfortable seat and posture with an erect spine. Gaze your mind on the tip of the nose and watch your inhaling and exhaling breath." Arjuna, his devotee explains that every time he tries to do it, there seems to be more thoughts and whirlpools disturbing him. Krishna says: "If your mind wanders away 1000 times then you must bring it back to your breath 1001 times! One day you will master your mind and concentration."

7. DHYANA Dhyana, or meditation is the seventh limb. Meditation is a state of being or mind-fullness when the practitioner is completely absorbed or becomes one with the point of focus or concentration.

Ammaji Meenakshi Devi (Swami Gitananda's wife) describes concentration or dharana as "focusing more and more on less and less". Dhyana or meditation is not some thing you practice. It is a state of single-pointed mind we achieve. Yoga provides tools to achieve this state, realization or union.

8. SAMADHI Samadhi, or super-consciousness. Samadhi is the highest state of meditation or absorption of self in Self where that 'I' or ego doesn't exist any more and the self becomes one with the higher self. This state is known as liberation, enlightenment, union, self-realisation, etc.



Yoga Satsanga Ashram
set in the hills of West Wales
near the Preseli mountains...

a peaceful retreat



Two Year 500 hours Yoga Teacher Training run at the Ashram

MODULE 1

Main theme:	Therapeutic asana work
Hatha Yoga	<ul style="list-style-type: none"> • Gentle hatha yoga, assistance, working with those with limited mobility or range of movement • Sun salutations (Arana, rishikesh and progressive vinyasa) • Vashistha Tapsya series or side balancing
Yoga Chikitsa	<ul style="list-style-type: none"> • Preparing for therapy • Pallavini kriyas • Chair assisted yoga (1) • Shoulder work • Isometric exercises • Assisted breathing
Yoga Sutras	chapter 1 Chanting and In-depth Study.
Study of scriptures	Yoga Vashishtha- A beautiful scripture on dialogue between Lord Rama and Sage Vashishtha. In this scripture Vashishtha describes ways of freeing mind and attaining enlightenment with many contemplative stories and examples. There are many stories on how various men and women master their minds.
Advanced Pranayamas	<ul style="list-style-type: none"> • Nadi Shuddi • Nadi Shodhana
Satsanga	<ul style="list-style-type: none"> • Applied Yoga as Holistic Therapy • An introduction into the Sanskrit language and alphabet (part 1)

MODULE 2

Main theme:	The Hatha Yoga Pradipika and Gheranda Samhita , Cleansing practices, asanas, mudras and pranayamas as tool for self-development and yoga therapy
Hatha Yoga	<p>Cleansing practices:</p> <ul style="list-style-type: none"> • Shanka Prakshalana- This is intensive process of cleansing our intestinal system with drinking saline water and flushing through the digestive tract with use of four yogic kriyas. • Jala neti- Cleansing our nostrils with use of saline water. This enables to free open the nostrils and cleanses naris. • Nauli kriya- Intense churning of abdominal muscles for further cleansing and activating Manipur chakra. • Head Stand Series

Yoga Chikitsa	<ul style="list-style-type: none"> • Bhujanga Kriya, • Dhanura Kriya • Matsya Kriya • Back walk • Foot Walk • Nari-Sathilya Kriyas
Yoga Sutras	Yoga-Sutras Chapter 1 continued - Chanting, and In-depth study.
Study of scriptures	The Hatha Yoga Pradipika and Gheranda Samhita
Advanced Pranayamas	<ul style="list-style-type: none"> • Eka Dasi – This is eleven- day intensive pranayama to cleanse or refine our memory and release accumulated physical, mental and emotional traumas. • Bandhas and use of Bandhas in various Asanas
Satsanga	The Shat Karmas, cleansing and purification in Yoga philosophy

MODULE 3

Main theme:	SUN-SALUTATIONS- variations from various traditions
Hatha Yoga	<p>SUN-SALUTATIONS:</p> <ul style="list-style-type: none"> • Aruna • Rishikesh (1 Gitananda tradition) • Rishikesh (2 Nath tradition) • Maha Sauri • Vedic Surya Namaskar • Shiva • Surya mantras
Yoga Chikitsa	<ul style="list-style-type: none"> • Shakti Loma viloma Kriyas • Nari Sathilya Kriyas in Shavasana
Yoga Sutras	Yoga-Sutras Chapter 2- Chanting, and In-depth study.
Study of scriptures	Bhagavata Gita- Most useful spiritual scripture in our modern life. It is talk between Arjuna and Lord Krishna at the beginning of Mahabharata. Here lord Krishna explains Arjuna on Bhakti Yoga, Raja Yoga, Karma Yoga, Jnana Yoga, Dhyana Yoga, etc.
Advanced Pranayamas	<ul style="list-style-type: none"> • Pancha Sahita Pranayama • Ujjayi Pranayama
Satsanga	<ul style="list-style-type: none"> • Bhagavad Gita and Yoga • Sanskrit (2)

MODULE 4

Main theme:	CHAKRAS AND KUNDALINI
Hatha Yoga	Yoga Postures for 7 chakras Oli Mudras
Yoga Chikitsa	<ul style="list-style-type: none"> • Chakra sounds • Colour visualisations • Chakra yoga therapy • Trataka
Yoga Sutras	Yoga-Sutras Chapter-2- Chanting, and In-depth study.
Study of scriptures	Yoga Upanishad- detailed study of chakras.
Advanced Pranayamas	<ul style="list-style-type: none"> • Mandala Dharanas • Chakra pranayamas
Satsanga	Kundalini Yoga and Chakras

MODULE 5

Main theme:	Key sequences in the Ashtanga Rishi-culture tradition
Hatha Yoga	<ul style="list-style-type: none"> • Hathenas • Loma viloma • Pelvic Looseners • Hand Balancing series
Yoga Chikitsa	Teaching to specialist groups and yoga adptations
Yoga Sutras	Yoga Sutras: Chanting, and In-depth study Chapter-3
Study of scriptures	Yoga Upanishad- detailed study of chakras.
Advanced Pranayamas	Swara Yoga- A detailed study of Breath, Prana and life forces.
Satsanga	Importance Hatha Yoga in Modern times and yogapathy

MODULE 6

Main theme:	The 84 Classical Asanas
Hatha Yoga	<ul style="list-style-type: none"> • Advanced asana and assisting • Modified Asanas and Assisting
Yoga Chikitsa	Assisted Yoga and helping hands Chair yoga (2)
Yoga Sutras	Chanting, and In-depth study Yoga Sutra chapter-3
Study of scriptures	Vijnana Bhairava Tantra- A most intensive and detailed scripture on tantra yoga describing many techniques on meditation.

Advanced Pranayamas	<ul style="list-style-type: none"> • Bhastrika • Kapalbhatai Pranayamas
Satsanga	<ul style="list-style-type: none"> • Dharna and Dhyana (concentration and meditation) • Sanskrit (3)

MODULE 7

Main theme:	Yantra: the yogic science of number, name and form
Hatha Yoga	<ul style="list-style-type: none"> • Kshatrian Kriyas • 84 Classical Postures and assisting • Modified or adapted postures and assisting
Yoga Chikitsa	Yoga for prevention of dis-ease and management
Yoga Sutras	Chanting, and In-depth study Yoga Sutra chapter -4
Study of scriptures	Gitananda Tradition and some of the key scriptures by Swami Gitananda Giriji, Ammaji Meenakshi Devi and Dr Ananada Balayogi Bhavanani
Advanced Pranayamas	Ujjayi Pranayama Shitali and Shitakari Pranayama Kaki Pranayama
Satsanga	Gitananda Tradition and Guru

MODULE 8

Main theme:	Course completion
Hatha Yoga	students lead sessions under observation
Yoga Chikitsa	students lead sessions under observation
Yoga Sutras	Chanting, and In-depth study Yoga Sutra chapter-4
Study of scriptures	Students presentations on chosen scripture and how they can help us or be applied in our daily life.
Advanced Pranayamas	students lead sessions under observation
Satsanga	Yoga and Evolution

Additional sessions:

- We will have at least two presentations over the course with our physiotherapist on working with the body in a therapeutic way and a look into various health conditions and their effect on the human body and how it may affect our ability to assist.
- Guest Teachers, specialist in their area will also be invited to come and teach on the course.

TYPICAL SCHEDULE (schedules A and B alternate over the 4 day block)

Schedule A

Subject	Time	Contact hours
Hatha Yoga session 1	6:30 – 8am	1.5
Satsanga	9:30 – 11am	1.5
Pranayama	11 – 12:30	1.5
Karma Yoga	13:30 – 14:30	1
Yoga Sutras	14:30 – 15:30	1
Hatha Yoga session 2	16:00 – 17:00	1
Yoga chikitsa	17:00 – 18:00	1
Satsanga	19:30 – 21:00	1.5
		Total: 10

Schedule B

Subject	Time	Contact hours
Hatha Yoga session 1	6:30 – 8am	1.5
Satsanga	9:30 – 11am	1.5
Pranayama	11 – 12:30	1.5
Yoga Chikitsa	14:00 – 16:00	2
Hatha Yoga session 2	16:00 – 17:00	1
Study of scriptures	17:00 – 18:00	1
Satsanga	19:30 – 21:00	1.5
		Total: 10

NB: physiotherapist will be coming in to talks approx. 9 hours over the course contact time.

Loma Viloma Vidya

Hatha yoga and all the Tantric practices are based on the concept of the loma-viloma or the Sanskrita word 'hatha' which is derived from the joining of 'ha' and 'tha'. 'Ha' is the solar energy represented by the warm golden sun. 'Tha' is the lunar energy represented by the cool silvery moon. The aim of all the hatha yoga and tantric practices is union and balance of the 'ha' and 'tha'; solar and lunar energies.

Our right half of the body is represented by the masculine characters of Shiva and left half body is representation of the feminine characters of Shakti. This sun and moon; warm golden and cool silvery; ha and tha; energies are known as loma and viloma respectively. These are also represented by the pranic and apranic energies.

Prana moves from the top to the bottom in the right half of the body while apana moves from the bottom to the top in the left half of the body. This is also found in the concept of the polarity of human body. Energy always flows in a wide oval shape in and out side the body.

Our human existence is a combination of five bodies, or panch-koshas. These are:
Annamaya kosha, or the physical body;
Pranamaya kosha or the pranic or psychic body;
Manomaya kosha or the mental body;
Vijnanamaya kosha or the wisdom body
Anadamaya kosha or the blissful body;

The loma and viloma energies are a manifestation of the positive energy and the negative energy from the subtle to the gross body.

The process of human evolution from the animal nature to the human nature and then to the purest nature of super conscious is from the gross or the physical body. Body awareness and awareness of the loma and viloma energies refines and purifies these energies to their subtle forms to gain the harmony and oneness with the self and our true nature/higher self.

The five gross pranas: Apana, Vyana, Prana, Samana and Udana flow in various parts of our body in various directions to keep the physical, mental and emotional process in health and harmonious functioning. They regulate the normal functioning of the body area they are concerned with.

Pregnancy Yoga Teacher Training Course

(for Yoga Teachers and Midwives only)

It may be said that motherhood is the ultimate yoga sadhana. The attainment of motherhood is height of ego-less-ness, which is goal of all spirituality. – Dr Ananda Bhavanani

Our vision behind pregnancy yoga teacher training course is to be able to give Yoga teachers the knowledge and confidence and competence to help pregnant women both enjoy there pregnancy and connect better with their own body and baby. If a mother can be in touch with her own body and feel her own needs she can have a healthy and happy pregnancy! In addition to this our course will give the ancient Indian Yogic perspective on conception, pregnancy, birth, post natal and preparation for parenthood for mother and father!

The ancient yogic philosophy gives us many tools and methods to help us cope with the demands on the body and mind in the modern world. We will use tools of Jattis, Kriyas, Asana, Pranayama and relaxation techniques that will help a mother maintain with practice a centered and calm approach to her pregnancy. A great deal of our work and practices we use for pregnancy yoga teacher training has been specifically researched by our own teachers at the International Centre of Yoga Education and Research (ICYER) India.

This pregnancy yoga teacher training course is designed to equip the yoga teachers and mid-wife, with some specific yoga work that will be of benefit to women preparing for pregnancy, going through pregnancy and post natal changes. Our aim is to keep mum fit and healthy throughout pregnancy and to be able to prepare her body to be able to cope well with labour.

During the pregnancy yoga teacher training course we will work through some Jattis (warming up/ loosening up movements) Kriyas (movements to use with the breath) Asanas (holding postures) Pranayamas (breath

work), chanting/bhajans (sound work and vibration healing) and some relaxation techniques.

In addition to this we will also address topics such as lifestyle and diet and give a basic understanding of the process the body goes through during pregnancy through anatomy and physiology sessions to help you understand all the skills to be able to teach pregnancy yoga classes, postnatal yoga classes.

Our pregnancy yoga teacher training is mostly influenced by our own teachers and founders of The International Centre for Yoga Education and Research (ICYER) based in India. In particular Dr Ananda Balayogi Bhavani who is a top medical doctor and has established a Yoga therapy department in one of the most well reputed hospitals in India and also teaches on the world's first yoga therapy course taught from a medical University in India. Dr Ananda has put together specific yoga work, which he has researched, in his medical profession.

The course pranayama and asana work has also been refined by Cathy Davies who is a retired midwife with experience of teaching Yoga for several years on a maternity unit in Cornwall. We are very grateful to our teachers Dr Anand and Cathy Davies for allowing us to pass on this great knowledge of invaluable techniques to help a woman through one of the most amazing times in her life.

Also Yogachariya Jnandev and myself (Yogacharini Deepika) have created and grown 3 healthy baby boys and my own experiences of pregnancy and yoga I will be sharing with you in this text and on our course. Primarily we come from an ancient and authentic yoga tradition and our practices reflect this.

Pregnancy Yoga Teacher Training Day 1

Yoga for Pre-conception

Includes: yogic philosophy on pre-conception, cleansing techniques, yamas and niyamas, diet, lifestyle choices.

Hatha yoga sequence

Pranayama

Relaxation techniques

Bhajan singing and chanting for vibrational healing

Pregnancy Yoga Teacher Training Day 2

Yoga for Early Pregnancy (up to around 24 weeks)

Hatha yoga sequence

Pranayama

Relaxation techniques

Bhajan singing and chanting for vibrational healing

Basic anatomy and physiology

Basic understanding of complications in this stage of pregnancy to be aware of and contraindications to Yoga practice.

Pregnancy Yoga Teacher Training Day 3

Yoga for Late Pregnancy (from around 24 weeks to term)

Hatha yoga sequence

Pranayama (includes labour breath technique)

Relaxation techniques

Bhajan singing and chanting for vibrational healing

Basic anatomy and physiology

Basic understanding of complications in this stage of pregnancy to be aware of and contraindication to Yoga practice.

Guest speaker – midwife

Pregnancy Yoga Teacher Training Day 4

Review and repetition of Early pregnancy yoga sequence

Guest speaker – hypnobirthing

Pranayama

Relaxation techniques

Bhajan singing and chanting for vibrational healing

Yoga therapy – partner work for pregnancy

Pregnancy Yoga Teacher Training Day 5

Review and repetition of Late pregnancy sequence

Guest speaker – physiotherapist

Pranayama

Relaxation techniques

Bhajan singing and chanting for vibrational healing

Yogic philosophy on pregnancy and child birth

Teaching pregnancy yoga, lesson plans, our limitations, advertising etc.

Pregnancy Yoga Teacher Training Day 6

Post-natal sequence

Pranayama

Relaxation technique

Post-natal anatomy and physiology

Pregnancy Yoga Teacher Training Day 7

Taster yoga classes with students

Feedback / discussion session

Review of sequences and practices

Mantras and bhajans

Close with certification ceremony



Prana, Thoughts and Emotions

Try to remember a situation when you are very happy and cheerful; how do you feel about your body and about your self at that time? You feel very light, energetic, and willing to do everything at that moment. What is behind all this?

Now remember a situation when you are sad, unhappy and in bad mood; how do you feel about your body and yourself? You feel very heavy, tired, exhausted, a lack of interest and will. What is behind all this?

All of our physical, mental and emotional process are carried on through the energy of prana. So our mental and emotional states directly affect the levels of prana in us. All the negative thoughts, and negative emotions blocks the refinement of prana and flow of the prana in the naris. They consumed a high amount of the prana because negative thoughts create the situations of emergency. Our autonomic nervous system and the endocrine nervous system have to prepare for the fight-flight response. This consumes a lot of prana, preparing for nothing. So be careful about what you think and feel.

Patanjali describes that in all the adverse mental and emotional processes use the opposite thought or the emotion to get rid of the negativity (prati-paksha-bhavanam). It is also stated in the Upanishadas that your Prana goes; where your awareness goes. So as distracted your thoughts and emotions are the more your Prana is scattered or weak.

In the Bhagavad Gita Lord Krishna states that the mind is the vehicle of Prana. Thus your awareness goes where your thought goes. Your mind goes where your awareness goes and there goes the Prana. Thus the mind or the thoughts and emotions need the Prana or the consciousness to travel in and out. Those who do mental work, at the end of the day feel more tired in comparison of the person doing only physical work, why? Because our mental and emotional processes consumes more Prana than the physical process. So be careful and aware of what you think and what you feel. You need to be aware of the mental and emotional processes to check and remove them if needed.

Yoga and Health Benefits for Children

Physical Strength - In young kids lots of behavioural problems are rooted in a weak body. If we want to have a healthy and ethical society, the first key element will be a healthy and strong physique. Swami Gitananda said that yoga is a path for the strong and brave people. This also means that the only strong people can follow the holistic life style. Regular practice of hatha-yoga or posture work will strengthen the body. It helps strengthen muscles, joints, bones and inner organs. All the advance postures and kriyas can gradually lead a young yogi or yogini to become strong.

Flexibility, Mobility and Coordination- Stiffness can be caused due to diet, unhealthy life style and lack of proper exercise which gradually results in tensed muscles, stiff joints, lack of flexibility, lack of stability or steadiness, coordination of limbs and body parts. Yoga can help in preventing or curing stiffness, bring flexibility, mobility and coordination. Teaching plenty of kriya work with the breath and sound will also help young kids to enjoy and find coordination. Yoga will benefit in improving flexibility, mobility, and healthy muscle and joints.

Endurance and Capacity - Our young generation needs to have endurance and capacity to deal with physical, mental and emotional strains and pressure they have to go through. Yoga will help preparing their muscular and organ strength as well as their capability to deal with all the challenges. Yoga balances the hormones and autonomic nervous system.

Stability and Concentration - In our day to day tasks it very important to be focused and stable in things we are engaged or doing. If a child is unstable or unable to focus he or she is going to struggle in daily education and learning activities. This will gradually build the pressure and cause more serious mental and emotional problems within a child. Regular Asana and pranayama practice will help improving stability and concentration in young children and hence yoga can be very helpful in preventing many behavioural problems.

Mental and Emotional Balance - All the pressure and competition in our modern life style causes mental and emotional imbalance and it disturbs kids day to day behaviour. Yoga also prepares and balances mental and emotional behaviours through strengthening and empowering their body, mind and soul.

Will power, Self confidence and Enthusiasm - As yoga offers a wide range of practices at each and every level, therefore everyone can appreciate enjoy, be encouraged and motivated further to gradually help them improve their control and mastery upon the body. This improves self-confidence, will power and enthusiasm for doing things and accepting challenges.

Discipline - In yoga it is said that discipline is the only path to freedom and success. Weaknesses, lack of stability, fear, etc. cause the irritation, anger and agitation which results into a lack of discipline. Yoga empowers the self, removes weakness and fear.

Moral and Ethical Values - Moral and ethical values are one of the key factors for improving our life and establishing peace around us. Moral and Ethical education can be initiated to young children through moral stories from various cultures and life paths.

Self Respect and Caring - Our new generation also needs to learn to respect and care towards themselves as well as to others. Hatha Yoga and posture work helps children and teenagers to know themselves, appreciate or respect what they do and learn how to look after themselves.

Holistic Health and Well-being - Finally holistic well being on a physical, mental, emotional, social and spiritual level can be empowered through yoga.

Children and Teens Yoga Teacher Training Course

What does Children and Teens Yoga Teacher Training involve?

Over this yoga teacher training module you will be learning intensively different levels of postures, kriyas and formative work to be able to teach yoga to children from age the of 2+ onwards. There will be 84 postures broken down from beginner level to very advanced as generally young children are very flexible and able to do them along with some simple pranayamas and relaxation techniques. There are also some elements of moral science taught to help kids build a strong and healthy character and personality.

The course will briefly include: Asanas and pranayamas for children/teens, relaxation techniques suitable for age groups, psychological and emotional health of children/teens from a yogic perspective, class planning, a physiotherapist will come in and talk over the physiological changes for each age group. As always we will be coming from the authentic traditional Yogic perspective and draw on Jnandev's extensive teaching of children he did in India when working in schools there teaching Yoga.

Is Children and Teens Yoga Teacher Training for you?

Are you a parent or grand parent? Are you a school teacher? Do you have an interest in teaching yoga to kids? Would you like to help the younger generation to be healthy and fit? If the answer is YES to any of these then yes this kids yoga teacher training course could be for you and it can help you transform your own life as well as all the kids around you! You will be helping improve the quality of their lives through yoga.

How can Yoga help children?

Our Aim is to through yoga help our younger generation to be STRONG, FLEXIBLE, STABLE, FOCUSED and POSITIVE which will also improve their concentration, memory, self-understanding and endurance. Yoga will help overcome so many health problems and improve holistic health and well-being.

Yoga, children and Families

Yoga is one of the healthiest tools to actively engage the whole family together to establish a healthy relationship and profound interests in each other's health and well-being.

Am I eligible for the children and Teens Yoga Teacher Training?

If you are willing and have a strong desire to help young children through the tools of yoga to improve their holistic well being then yes you are eligible for the kids yoga teacher training. We will consider you if you are not already a Yoga Teacher, For example we often train school teachers, but will need to know more about your Yoga experience to date.

Duration of this Yoga Teacher Training Course

The course is 6 days long and we will be running it in two different frameworks. Although you can choose to do only one of these if you do not wish to teach all age groups.

Children's Yoga Course schedule

(NB This may change slightly according to guest speaker's availability)

Part 1 - 2yrs – 11yrs

Day 1 – working with 2 – 7yrs olds

- 9:30am – Introductions
- 10am – warm ups for kids and making them fun!
- 11 – 12am appropriate asana and kriya work
- 12 – 12:30 appropriate pranayamas
- 12:30 – 13:30 Lunch break
- 13:30 – Lesson planning
- 14:00 – relaxation and meditation techniques
- 14:30 – Yogic philosophy on working with children healthy psychological development
- 15:30 – How to deal with children in the yoga class environment, coping with situations, brain storming session
- 16:30- close for the day

Day 2 – working with 2 – 7yr olds

- 9:30 – review and reflections on day 1
- 10am – warm ups for kids and making them fun!
- 11 – 12am appropriate asana and kriya work
- 12 – 12:30 appropriate pranayamas
- 12:30 – 13:30 Lunch break
- 13:30 – Lesson planning
- 14:00 – relaxation and meditation techniques
- 14:30 – Yogic philosophy on working with children healthy psychological development
- 15:30pm – live class with kids
- 16:30pm – close for the day

Day 3 – working with 8 – 12yr olds

- 9:30 – review and reflections on day 2
- 10am – warm ups for kids and making them fun!
- 11 – 12am appropriate asana and kriya work
- 12 – 12:30 appropriate pranayamas
- 12:30 – 13:30 Lunch break
- 13:30 – Lesson planning
- 14:00 – relaxation and meditation techniques
- 14:30 – Yogic philosophy on working with children healthy psychological development
- 15:30 – Safeguarding and protecting children, our civic duties and the law. Professional and appropriate conduct with children, family and schools.
- 16:30pm – close for the day

Day 4 – working with 8 – 12yr olds

- 9:30 – review and reflections on day 3
- 10am – warm ups for kids and making them fun!
- 11 – 12am appropriate asana and kriya work
- 12 – 12:30 appropriate pranayamas
- 12:30 – 13:30 Lunch break
- 13:30 – Lesson planning

- 14:00 – relaxation and meditation techniques
- 14:30 – Yogic philosophy on working with children healthy psychological development
- 15:30 - Basic Anatomy and physiology for the different age groups presented by physiotherapist.
- 16:30pm – close for the day

Teens Yoga– 12yrs to 16yrs (NB: It may be possible to take this module as a stand alone if you already a qualified Yoga Teacher)

Day 5

- 9:30am – Introductions
- 10am – appropriate warm ups
- 11 – 12am appropriate asana and kriya work
- 12 – 12:30 appropriate pranayama
- 12:30 – 13:30 Lunch break
- 13:30 – Lesson planning
- 14:00 – relaxation and meditation techniques
- 14:30 – Yogic philosophy on working with children healthy psychological development
- 15:30 – How to deal with children in the yoga class environment, coping with situations, brain storming session
- 16:30 – close for the day

Day 6

- 9:30am – Review and reflections
- 10am – warm ups
- 11 – 12am appropriate asana and kriya work
- 12 – 12:30 appropriate pranayama
- 12:30 – 13:30 Lunch break
- 13:30 – Lesson planning
- 14:00 – relaxation and meditation techniques
- 14:30 – Yogic philosophy on working with children healthy psychological development
- 15:30 – How to deal with children in the yoga class environment, coping with situations, brain storming session
- 16:30 – close for the day

Homework and Assessment

- You will need to go back after the training and create a number of lesson plans, teach them to Children and write a report providing feedback from participants/parents/observers
- You will also teach a mock session under our observation at the ashram.
- Write an essay on the developmental stages of children and yogic thought.

Certification will be issued after completion with 6 months

Children's yoga teacher training course will be certified by Yoga Alliance Professionals UK



About our Guru

Yogamaharishi Dr. Swami Gitananda Giri was a medical doctor (a heart surgen infact!). He combined his scientific background with the ancient techniques of classical Yoga that he studied in his youth with his Master, the Bengali saint Sri Swami Kanakananda. The result is what Swami Gitananda called “Rishi Culture Ashtanga Yoga” and is now known as “Gitananda Yoga”.

The beauty of Gitananda Yoga lies in its step-by-step approach towards Yoga that is also beautifully outlined in the correspondence course “Yoga: Step-by-Step”.

Based on moral and ethical values (Yama and Niyama) Swami Gitananda taught:

1. Asanas (Body postures)
2. Pranayamas (Breath-energy controls)
3. Kriyas (Systematic movements)
4. Mudras (Gestures of energy)

Taken to their full potential the values and techniques Swami Gitananda taught can lead the student to the experience of Yoga (unity).



Swami Gitananda with family

Our Lineage

Primarily we teach Gitananda Ashtanga Yoga, founded by Swami Gitnanda also known as Rishiculture Yoga. Taught in India, This is one of the more authentic styles of Yoga and as with all authentic styles we have a paramparai / lineage.

For more information see the International Centre for Education and research at: www.icyer.org

Essentially our philosophy is that Yoga is the most precious gift for human life. This originated from the Vedas, Upanishads and later on flourished through ancient teachings of Yoga-Sutra's of Patanjali, Bhagavad-Gita, Yoga Vashishtha, Goraksha-samhita and The Hatha-Yoga Pradipika are accepted as authentic works on yoga in most traditions. Yogic teachings are considered as 'Guru-Chela-Pramparai' which is a means of teaching, directly from Guru a great life teacher to the Chela or sincere student.

Our Guru Swami Gitananda Giri Guru Maharajaji states "Yoga is the complete awareness of your body, mind, and emotions and of awareness itself".



Yoga Diet

Simply yoga diet references the pure vegetarian diet. Our Indian yogis' are the best examples of the health through a vegetarian diet. They can stay in the high mountains, hot and cool places without having enough resources where the normal person like us even can not think of staying. Their diet is very simple. Free of meat, fowl, fish and other animal products and even some times they ceases the by-products of the animals.

Non-vegetarian people say that they could not survive without these animal products, because these are the richest sources of the proteins. This is a false concept and it is proved by a large number of healthy vegetarians, although some medical conditions require an intake of meat. Even Hindus in large number are vegetarian to fulfil the yama of 'non-killing', or 'ahimsa'. All of the natural food we eat possess a large number of proteins. A simple question you need to answer- 'where does a cow get its protein from? Why do you want to get this second hand?'

Yoga Diet means a total balanced nutritious and healthy vegetarian food. Your daily intake of the food should possess the desired amounts of the proteins, fats, carbohydrates, minerals, vitamins, and resins. Then clean and cool water, fresh air, natural living, exposure to the early morning sun light, and physical exercises are very essential part of the complete yoga diet.

There should be balance in between your action, energy, and rest. Only you can find out these balancing measures for you. Practice swadhyaya - self study with awareness and then make a balance chart for yourself. A balance of action, energy and rest is very important to be understood. How much and which type of physical and mental work you have to do? Is it balancing for all aspects of body, mind and emotions? If not, then try to balance it through selecting and practicing a group of the hatha-yoga practices.

Then try to find out the energy requirements of your body according to your work, body build up and environmental conditions. You should eat the food grown in the area you are living, this will make your body homeostatic with the surroundings and you will enjoy your health in tune with nature. Finally, rest, a sound sleep makes you fresh and energetic. So enjoy your sleep, not less and even not in excess. Lord Krishna states the middle path for a yogi is to do every thing in a balanced way.

Important Diet Rules for Natural Health

1. Include at least 40% raw, fresh foods in your diet, concentrating on seasonal fruits and vegetables. You can grow natural health by following nature through eating seasonal food, vegetables and fruits, belonging to that particular area. Nature has its own cycle and produces the food, fruits and vegetables as per the requirement of the area. So don't avoid this if you are seeking good health.
2. In the cooked food you eat, consider using the whole grains to keep balancing the acid-alkaline ratio in the body. Never over cook the food to save the essential ingredients of the food. Try to use the water used for boiling the vegetables so you don't lose the most essential ingredients of the vegetables.
3. The skin of fruits is a rich source of alkaline contents, so don't throw them, try to use them. Wash the fruits and vegetables properly under the tap water and use them fully with their skin.
4. The use of animal fats in cooking even ghee, increases the acid amount of the food. Poly-unsaturated, cold pressed vegetable oils are the most satisfactory for the maintenance of smooth working body processes and nerve tone.
5. Adding white and refined sugar to the fresh fruits and juices makes them highly acidic; if you need the sweetener then add natural sweeteners like honey or jaggery.

6. Avoid any unnatural, junked, processed and long stored foods. They are rich in calories and have little nutrients. The producers may claim proteins and vitamins in them and can be proved in laboratory testing, but they are chemical or of inorganic nature. You should avoid preservatives as much as possible.
7. Be aware of the psychological causes creating the feelings of unnatural appetite. Often we think we are hungry for food but we are actually thirsty for water. We need to drink plenty of water! Many of the negative emotions, thoughts, feelings and situations may create an unnatural appetite also. Remember that appetite is mental while hunger is the body process.
8. Eat to satisfy hunger and fulfil the bodily needs of all the nutrients and not to satisfy the appetite or to satisfy the sensory pleasure.



The Foolish Lion and The Clever Rabbit

A long time ago there lived a ferocious lion in the forest. It was a greedy lion and started killing all the animals in the forest. Seeing this, the animals gathered and decided to approach the lion with the offer of one animal of each species volunteering itself to be eaten by the lion everyday.

So every day it was the turn of one of the animals and in the end came the rabbits' turn. The rabbits chose an old rabbit among them. The old rabbit was wise. It decided to take its own long time to go to the Lion. The Lion was getting impatient on not seeing any animal come by and swore to kill all the animals the next day.

The rabbit then went to the Lion by sunset. The Lion was angry at him. But the wise rabbit was calm and slowly explained the Lion that it was not his fault. He told the Lion that a group of rabbits were coming to him for the day but on the way, another angry Lion attacked them and ate all the rabbits! Somehow he escaped to safety the rabbit said. He said that the other Lion was challenging the supremacy of the Lion. The Lion was very enraged and asked to be taken to the location of the other Lion.

The wise rabbit agreed and led the Lion towards a deep well filled with water. Then he showed the Lion his reflection in the water of the well. The Lion was furious and started growling and at its image in the water, the other Lion of course was also equally angry. Then the Lion jumped into the water to attack the other Lion and kill it. But lost its own life in the well. Thus the wise rabbit saved the forest and all animals from the proud Lion.

Moral: Intelligence wins over mighty.







OUR CONTACT DETAILS:

Yoga Satsanga Ashram
Ardwyn Grange, Login, Whitland,
Carmarthenshire, Wales, SA34 OUY

Tel: 01437 562200

Web: www.yogasatsang.org

Email: ashramwales@gmail.com