

YOGA

DAY	TIME	SESSION
Monday	11.30 AM – 12.30 PM	General Yoga & Yoga for Senior Citizen
	6.00 PM – 7.00 PM	General Yoga & Therapeutical Yoga
Tuesday	11.30 AM – 12.30 PM	General Yoga & Yoga for Senior Citizen
	6.00 PM – 7.00 PM	General Yoga & Therapeutical Yoga
Wednesday	11.30 AM – 12.30 PM	General Yoga & Yoga for Senior Citizen
	6.00 PM – 7.00 PM	General Yoga & Therapeutical Yoga
Thursday	11.30 AM – 12.30 PM	General Yoga & Yoga for Senior Citizen
	6.00 PM – 7.00 PM	General Yoga & Therapeutical Yoga
Friday	11.30 AM – 12.30 PM	General Yoga & Yoga for Senior Citizen
	6.00 PM – 7.00 PM	General Yoga & Therapeutical Yoga
Saturday	7.30 AM – 8.30 AM	Free Yoga for awareness on the Health Benefits of Yoga @ MYSuvaPark

The word yoga means 'unity' or 'oneness' and is derived from the Sanskrit word YUJ which means 'to join'. This unity or joining is described in spiritual terms as the union of the individual consciousness with the universal consciousness. On a more practical level, yoga is a means of balancing and harmonizing the body, mind and emotions. The main objective of yoga is to create balance between the interacting activities and processes of the pranic and mental forces. Yoga, therefore, not only strengthens the body and improves health but also activates and awakens the higher centres responsible for the evolution of human consciousness.



General notes for the practitioner:

Breathing: Always breathe through the nose unless specific instructions are given to the contrary.

Try to coordinate the breath with the asana practice.

Awareness: This is as essential to the practice of asana as it is to all yoga practices. The purpose of asana practice is to influence, integrate and harmonise all the levels of being: physical, pranic, mental, emotional, psychic and spiritual. At first it may appear that asanas are merely concerned with the physical level because they deal with the

movement of different parts of the body. Actually, however, they have profound effects at every level of being if they are combined with awareness.

Relaxation: Shavasana may be performed at any point during asana practice, especially when feeling physically or mentally tired. It should also be practised on completion of the asana programme.

Time of practice: Asana may be practiced at any time of day except after meals. The best time, however, is the two hours before and including sunrise. This period of the day is known in Sanskrit as brahmamuhurta and is most conducive to the higher practices of yoga.

Place of practice: Practice in a well-ventilated room where it is calm and quiet. Asanas may also be practiced outdoors but the surroundings should be pleasant, a beautiful garden with trees and flowers, for example. Do not practise in a strong wind, in the cold, in air that is dirty, smoky or which carries an unpleasant odour.

Clothes: During practice it is better to wear loose, light and comfortable clothing. Before commencing, remove spectacles, wristwatches and any jewellery.

Emptying of bowels: Before commencing the asana programme, the bladder and intestines should preferably be empty. Asana may be practiced after two hours of food intake.

Diet: There are no special dietary rules for asana practitioners although it is better to eat natural food and in moderation. It is advised to half fill the stomach with food, one quarter with water and leave the remaining quarter empty. Eat only to satisfy hunger and not so much that a feeling of heaviness or laziness occurs. Eat to live rather than live to eat.

No straining: Never exert undue force while doing asana. Do up to your capacity and by regular practice you may achieve the final posture with comfort level.

Age limitations: Asana may be practiced by people of all age groups, male and female.