

Joy of Yoga for All

Dr Anant Raman



Joy of Yoga for All

Dr. Anant Raman

09/07/2025

Disclaimer:

The yoga Asanas (Postures), Bandas, Pranayama kriyas, Pratyahara, Dharana, Dhyana and Samadhi are compiled here for reference purposes only.

One should take direct instruction and guidance from Yoga Masters available nearby or join groups to gain practical knowledge, much like any other science. Just academic knowledge is not enough.

Those who have any health issues should consult their physician before taking up any fitness program including yoga.

Copyright © 09.07.2025

. Dr. Anant Raman



Creative commons share alike non-commercial

ISBN:

ISBN-13

DEDICATION

To my loving mother who taught me to walk, speak, write, laugh, cry, smile and feel good to be alive.

To my dear father who showed me the direction in life and helped me stand on my own legs.

To all my teachers who taught me the art of learning and the way to approach the unlimited and eternal source.

To my guru Sri Ramana Maharshi who has showered his blessings and guidance towards an inward journey that surpasses every other quest in life.

To my wife and friends who have stood by me all along in my journey of life and challenges.

To our two affectionate sons and two smart grand children who have taught me a lot of things which I couldn't have learned any other way.

And to all those people who make life worth living on this planet by working together for the common good of all living beings.

CONTENTS

	Acknowledgments	i
1	Introduction : Priceless gift	1
2	Yoga Asanas : Postures	5
3	Shanmuki Mudra	25
4	Pranayama: Power Breathing	26
5	Rajayoga system of Pranayama	31
6	Stage 1 Warm-up	34
7	Stage 2 Preparatory Techniques	36
8	Stage 3 Absorption Techniques	37
9	Cyclic Breathing	38
10	Dhyana: Meditation	53

ACKNOWLEDGMENTS

No book is complete without the inputs from a whole lot of people who provide the background interaction, spontaneous suggestions and silent support at the time of critical stopovers.

My gratitude to all those who helped me in different ways to make this work a reality.

I feel good that they will continue to play a part in my life and work, even without being named individually.

I thank them all with folded hands and a heart full of gratitude

With profound gratitude

To

Swami Poornananda Theertha

Who taught us Rajayoga Pranayama and Dhyana

To

Pathanjali Maharishi

Who gave us the unparalleled masterpiece:

Yoga Sutras

Thousands of years ago

And to

Aadhi Yogi Dakshinamurthy

The original source of Yoga

1. YOGA POWER: INTRODUCTION

Priceless gift

Our body is a priceless gift, precious and unique.

Did we pay anything for it?

No.

We got it completely free.

And we didn't even ask for it. It was magnanimously given to us.

Priceless?

Yes indeed.

Can we put a price on it?

Will you be willing to sell your eyes for any price?

Your hands, legs, brain Every part is priceless and therefore the whole body is invaluable too.

Unique:

Yes. No two persons are identical ... even identical twins have different finger prints and other features. Each one of us is truly unique.

And yet we don't appreciate the intrinsic worth of this priceless and unique possession, taking it for granted.

We abuse it, misuse it, and treat it so bad just because we got it free.

We need to change our attitude and treat our body – mind – intellect equipment with due respect and care, just as we treat a temple.

Our body is a temple for the divine life, the Jivatma.

The jivatma is who we are and we mistakenly think that we are nothing more than the physical body.

However, as long as we are alive, we need to operate through the body to interact with the world of form and substance. And therefore we have to maintain it in good working condition to reap the full benefits of living in this unique body.

Yogasana, Pranayama, Pratyahara, Dhyana and Samadhi are the steps that Patanjali's Yoga sutras guide us in this process.

We are so fortunate to be guided by yoga masters like Pathanjali and a lineage of great selfless gurus for thousands of years, through guru-Sishya parampara.

Five Sheaths:

Yoga, Veda and Ayurveda are perhaps the only systems which clearly identify the layers in our body that permeate each other and form the composite of who we identify ourselves to be. The five sheaths are:

1. Anna Maya Kosha (Food Sheath)
2. Pranamaya Kosha (Pranic Sheath)
3. Mano Maya Kosha (Mental Sheath)
4. Vignanamaya Kosha (Knowledge Sheath)
5. Anandamaya Kosha (Bliss sheath)

Yoga Asanas keep the body parts and internal organs (Anna Maya Kosha) in balanced energetic condition, remove blocks and act as the basic foundation for the next powerful steps such as Pranayama and Dhyana.

Pranayama is a system of balancing the Pranic body (Pranamaya Kosha) through specific breathing techniques like deep breathing. Fast breathing. Cyclic breathing and combinations like Mahat Pranayama with Bandhas.

Raja yoga Pranayama gives us a basic structure with about 14 specific techniques of modulating the breath to gain access to the tremendous power hidden in the pranic body permeating the physical body as we see it.

In the next level (Mano Maya Kosha and Vignanamaya Kosha) we gain insight in to the workings of the mind-intellect equipment through Dhyana or meditation.

The mind left to itself, wanders aimlessly and keeps getting filled negative thoughts and unwarranted interference in our mind body connection.

By learning to turn the mind inwards through Pratyahara (Shanmuki Mudra), we gain access to the deeper levels of subconscious mind. That opens up the huge untapped resources lying unknown to us, just because we had not taken the time and initiative to delve within with awareness and keen perception.

We get a glimpse of the supreme level, Anandamaya Kosha (Bliss Sheath) when we are steadfast in practicing these simple yet profound steps with awareness and faith in the system.

It is a lifetime affair and only a fortunate few go for it, even though it is open to all to practice and reap the benefits. In whatever profession we are, we can still practice these yoga techniques on a daily basis as they need only 30 minutes of our time.

The knowhow is brought to you in this compilation dedicated to Swami Poornananda and based on his teachings.

Note:

The yoga Asanas (Postures), Bandas, Pranayama kriyas, Pratyahara, Dharana, Dhyana and Samadhi are compiled here for reference purposes only.

One should take direct instruction and guidance from Yoga Masters available nearby or join groups to gain practical knowledge, much like any other science. Just academic knowledge is not enough

2 YOGA ASANAS

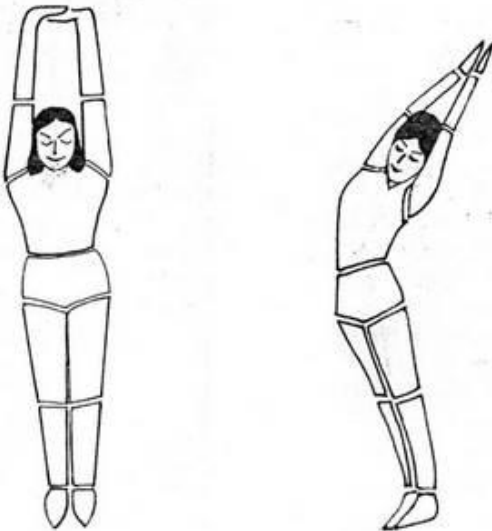

Asanas are specific postures that are accompanied with deep breathing and easy movement to keep the body supple and the internal organs in balanced working condition.

Here is a carefully selected set of Asanas for beginners to keep fit and healthy.

Basic instructions are included with each illustration.

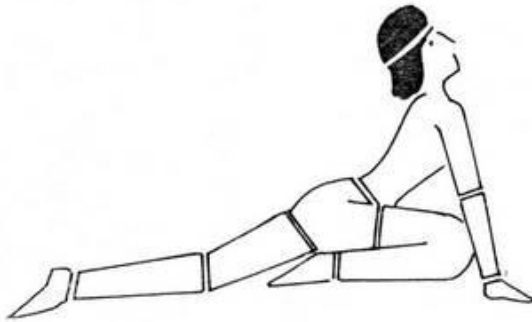
To be practiced before breakfast and before dinner on empty stomach.

It will take only about 15 minutes for the entire set of these basic Asanas per session.

Vertical Stretch: (TADASANA)		2
Movement	: Standing erect, perform various stretching movements	
		
Breathing	: <ul style="list-style-type: none">* Breathe in when stretching* Breathe out when returning to normal position	
Benefits	: <ul style="list-style-type: none">* Reduces fat around waist* Tones up arms and breasts* Expands lungs	
SELF MANAGEMENT FIRST		 joyofyoga@ymail.com

Crescent Moon: (ARDHA CHANDRASANA)

Movement : Arching the back in semi-kneeling position with one leg folded and the other leg stretched back



Breathing : *Breathe in when stretching backwards
*Breathe out while bending downwards

Benefits : *Strengthens back muscles
*Helps to prevent backpain
*Improves thyroid function
*Strengthens genital muscles

SELF MANAGEMENT FIRST

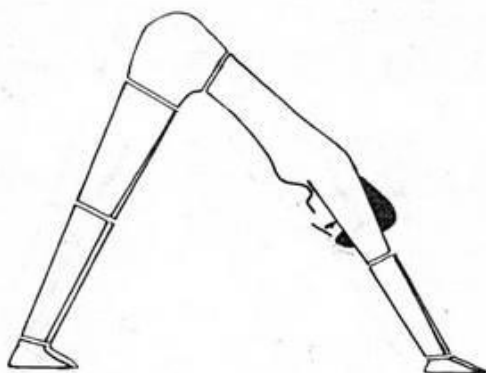


joyofyoga@gmail.com

Mountain: (PARVATASANA)

5

Movement : Raising the body on palms and toes, from prone position



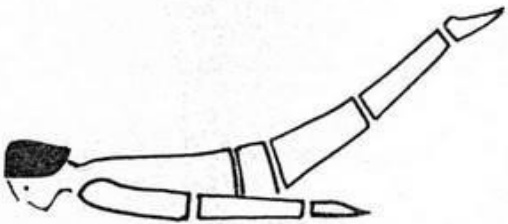
Breathing : * Deep inhalation and full exhalation in final position



Benefits : * Increases blood flow to the brain and all organs in the head
* Improves brain function
* Tones up thighs, calf muscles and ankles

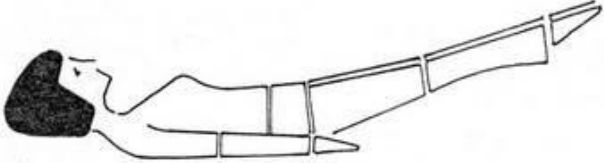

Caution : * Persons with high blood pressure should avoid this movement

SELF MANAGEMENT FIRST


joyofyoga@ymail.com

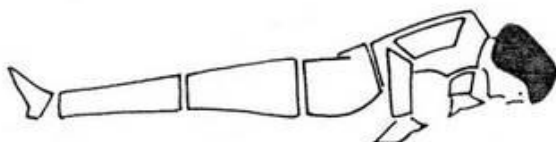
Locust: (SALABASANA)		6
Movement	: Leg raises from prone position	
		
Breathing	: <ul style="list-style-type: none">* Inhale when raising the left leg to a count of 5* Slowly lower the leg with exhalation* Repeat with right leg* Exhale and hold the breath when raising both legs* Inhale after lowering the legs slowly	
Benefits	: <ul style="list-style-type: none">* Tones up abdomen and thighs	
<div><p>SELF MANAGEMENT FIRST</p><p>YOGA POWER</p><p><small>INTERNATIONAL</small></p><p>joyofyoga@ymail.com</p></div>		

Bow: (DHANURASANA)		7
Movement	: Arching the body backwards from prone position, with ankle grip	
		
Breathing	: <ul style="list-style-type: none">* Inhale when head and chest are raised* Exhale and lower the limbs	
Benefits	: <ul style="list-style-type: none">* Controls obesity* Conditions abdominal organs* Expands chest* Strengthens back, shoulders and arms	
<div><div>SELF MANAGEMENT FIRST</div><div> joyofyoga@gmail.com</div></div>		

Boat (NAUKASANA)		8
Movement	: Raising the legs in supine position	
		
Breathing	: <ul style="list-style-type: none">* Exhale and hold the breath when raising the legs* Inhale when coming back slowly to supine position	
Benefits	: <ul style="list-style-type: none">* Flattens abdomen* Helps to prevent incontinence* Tones up thighs, back and pelvic muscles	
SELF MANAGEMENT FIRST		 joyofyoga@ymail.com

Spinal Twist: (BHU NAMAN ASANA)

Movement : Twisting the spine in supine position

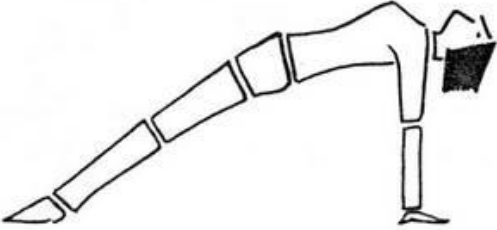



Breathing :
* Exhale when bending down (right)
* Breathe in and out comfortably in the final position (3 to 5 cycles)
* Exhale when changing over to the left side

Benefits :
* Tones up the waist and lower back
* Strengthens abdomen, upper arms and fingers
* Expands the lungs

SELF MANAGEMENT FIRST

YOGA POWER
joyofyoga@gmail.com

Bridge: (SETHU ASANA)		10
<i>Movement</i>	: Raising the body on palms and heels from supine position	
		
<i>Breathing</i>	: <ul style="list-style-type: none">* Inhale and raise the body* Exhale when slowly lowering the body	
<i>Benefits</i>	: <ul style="list-style-type: none">* Expands chest* Eases tension in the neck and shoulders* Tones up abdomen* Strengthens arms, wrists, palms, ankles and calf muscles	
<div><div>SELF MANAGEMENT FIRST</div><div><p>joyofyoga@gmail.com</p></div></div>		

Shoulder Stand: (SARVANGASANA)

Movement: Raising the legs to position the body on shoulder support, from supine position



Breathing :

- * Exhale and hold the breath when raising the legs
- * Breathe in and out slightly in final position
- * Inhale when coming back to lying-down position

Benefits :

- * Increases blood flow to head
- * Improves brain function
- * Reverses the aging effect caused by gravitation on the body (Rejuvenates the whole body)

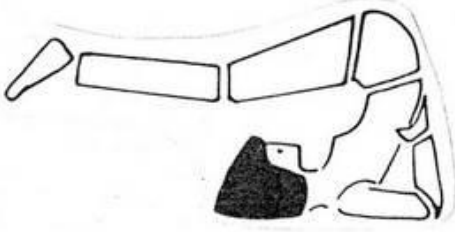

Caution :

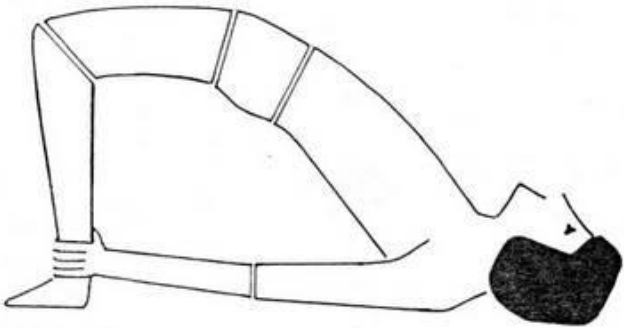

- * Not for persons with high blood pressure or heart problems

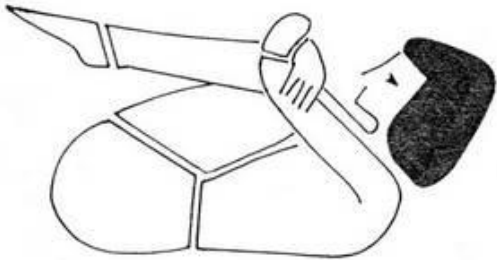
SELF MANAGEMENT FIRST

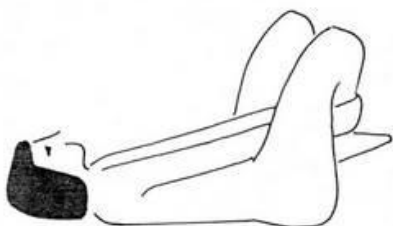



joyofyoga@ymail.com

Plough: (HALASANA)		12
Movement : Arching the body from supine position		
		
Breathing	:	<ul style="list-style-type: none"> * Exhale and hold the breath when rocking to curved position * Breathe slightly in final position (3 to 5 cycles) * Inhale when coming back to normal lying-down position
Benefits	:	<ul style="list-style-type: none"> * Tones up the abdomen and back * Increases blood flow to brain and all organs in the head * Calms the mind
Caution	:	<ul style="list-style-type: none"> * Not for persons with high blood pressure or heart problems
SELF MANAGEMENT FIRST		

Mini Bridge: (MADHYA SETHU ASANA)		13
Movement	: Raising the abdomen from supine position with ankle grip	
		
Breathing	: <ul style="list-style-type: none">* Inhale when raising the abdomen* Exhale and slowly lower the trunk without jerky movement* Repeat 3 to 5 cycles	
Benefits	: <ul style="list-style-type: none">* Makes the back supple and eases tension* Good for the ankles and calf muscles* Relaxes neck and shoulder muscles* Tones up genital and pelvic region	
SELF MANAGEMENT FIRST		

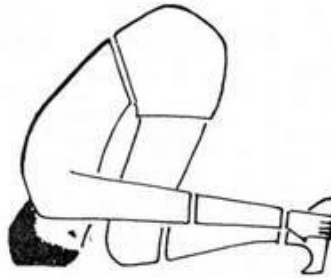
Abdominal Press: (APANASANA)		14
<i>Movement</i>	:	Folding the legs over the abdomen in supine position
		
<i>Breathing</i>	:	<ul style="list-style-type: none"> * Exhale and fold the legs over the abdomen * Breathe in and out comfortably in the final position (3 to 5 cycles) * Inhale while returning to normal, lying-down position
<i>Benefits</i>	:	<ul style="list-style-type: none"> * Tones up abdominal muscles and organs * Helps to alleviate lower back pain * Relaxes the neck and shoulder muscles
<p>SELF MANAGEMENT FIRST</p> <p>YOGA POWER</p> <p>joyofyoga@gmail.com</p>		

Victory: (JAYASANA) 15	
Movement	: Legs cross folded with fingers interlocked over ankles, in supine position
	
Breathing	: <ul style="list-style-type: none"> * Breathe in and out - deep, uniform and long - 3 to 5 cycles * Perform Ashwini Mudra while breathing in, and relax the muscles when breathing out
Benefits	: <ul style="list-style-type: none"> * Tones up the genital muscles and pelvic region * Helps to reduce menstrual pain and tightens vaginal muscles in women * Helps to prevent sexual problems * Helps to prevent piles and overcome incontinence * Increases the "bio-energy" (Prana) level
<div style="display: flex; justify-content: space-between; align-items: center;"> <div> SELF MANAGEMENT FIRST </div> <div>  </div> </div>	

joyofyoga@ymail.com

Rabbit (SHASHANKASANA)

Movement : Forward bend from erect sitting position to rest the head down and raise the buttocks, with palms gripping the heels.



Breathing :

- * Breathe out when bending down, compressing the abdomen
- * Inhale and exhale normally in the final position
- * Breathe in when returning to sitting position

Benefits :



- * Increases blood flow to the brain
- * Tones up the organs and glands in the head
- * Improves memory
- * Helps to prevent hair loss and postpone baldness

Caution :

- * Not for persons with high blood pressure

SELF MANAGEMENT FIRST

YOGA POWER
INTERNATIONAL
joyofyoga@ymail.com

Lotus: (PADMASANA)		21
Movement	:	Cross legged sitting position
		
Breathing	:	* Deep, uniform and long breathing with eyes closed (3 to 5 cycles)
Benefits	:	<ul style="list-style-type: none">* A good sitting position for the practice of Pranayama and Meditation* Helps to keep the back erect* Tones up the leg joints
SELF MANAGEMENT FIRST		 joyofyoga@ymail.com

Erect Sitting Posture: (VAJRASANA)

Movement : Sitting erect with buttocks supported on the folded legs



Note : This is a basic comfortable sitting position from which many movements are done

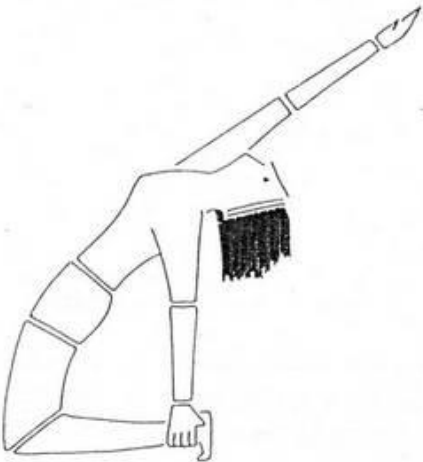

Breathing : * Breathe in and out - deep, uniform and long - 3 to 5 cycles.

Benefits : *

- * Tones up thighs and calf muscles
- * Enables spine to be held erect
- * A comfortable position for Pranayama (Breathing techniques) and for Meditation

SELF MANAGEMENT FIRST

YOGA POWER
INTERNATIONAL
joyofyoga@gmail.com

Camel Posture: (USHTRASANA)		18
Movement	: Arching the body backwards from erect sitting position with ankle grip	
		
Breathing	: <ul style="list-style-type: none"> * Breath in while stretching the body to curved position, left side * Breathe out when returning to sitting position * Breathe in while changing over to right side stretch * Breathe out when returning to sitting position 	
Benefits	: <ul style="list-style-type: none"> * Tones up the back and abdomen * Helps to shape up the waist line * Expands the lungs * Activates the thyroid gland 	
SELF MANAGEMENT FIRST		

Backward Stretch: (SUPTA VAJRASANA)

Movement : From erect sitting posture gently lie back, supporting the waist with both hands.

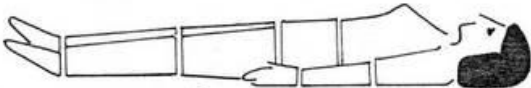





Breathing : * Breathe in and out - deep, uniform and long - in the final position (3 to 5 cycles)

Benefits : * Tones up the abdominal muscles and organs
* Expands the lungs
* Stretches the entire body

SELF MANAGEMENT FIRST

YOGA POWER
joyofyoga@ymail.com

Total Relaxation: (SHAVASANA)		16
<i>Movement</i>	:	All the limbs and organs relaxed in supine position
		
<i>Breathing</i>	:	<ul style="list-style-type: none"> * Breathe in and out - deep, uniform and long - 5 to 10 cycles with part by part relaxation from toes to top of the head * Visualize absorption of energy (Prana) and elimination of stress and toxins
<i>Benefits</i>	:	<ul style="list-style-type: none"> * Relaxes the entire body * Relieves tension * Soothes the nerves * Helps to overcome sleeplessness (insomnia), depression and tiredness
<div> <div>SELF MANAGEMENT FIRST</div> <div>  </div> </div>		
joyofyoga@ymail.com		

Sense Withdrawal: (SHANMUKI MUDRA)		4
Movement	: Erect sitting position (fingers closing eyes, ears etc.)	
		
Breathing	: * Inhale and exhale in deep - uniform-long rhythm, with sense inputs cut off and the mind focused on the breathing (10 cycles)	
Benefits	: * Calms the mind * Releases stress * Relaxes the nerves * Helps to acquire emotional balance * Prepares the mind for Meditation	
SELF MANAGEMENT FIRST		

3. PRANAYAMA

Power through balanced breathing

Introduction

BALANCED BREATHING:

It is said that **one can survive without food for about 45 days!**

I find it difficult to believe. I have never had any occasion to test this theory for more than a few hours at a time and so you have to look elsewhere if you want proof.

There are a lot of people who fast regularly but they do it more for religious reasons than for health. Skipping a meal is not a big deal but substituting it with irritation and anger makes it worse. Some people make such a fuss about it that they don't fail to let others know about their fasting almost expecting others to join them in their noble efforts to eliminate the world food shortage.

There are others who keep thinking only about food during the entire period of fasting and compensate abundantly at the next meal for what they have willingly missed in preparation for it.

There are of course the rest, who believe that the Creator wouldn't have given them hunger if he had meant that they should go without food. The sensible way to them is to eat in moderation and avoid overeating but enjoy the food at every meal. Their philosophy is to stop eating when you still have some hunger left, at each meal. Unfortunately their number is dwindling.

The next bombshell is a bit milder.

It says that **an average person can live without water for about 5 days.**

My son says it is no problem at all. He stays without water even for longer periods as long as Coke or Pepsi is ready at hand.

But the most important part of the discovery is going to be revealed to you just now, and that is:

We cannot live without air for more than 5 minutes.

Try it.

If you can hold your breath for about 30 seconds you will experience eternity at the moment that follows. It is true that some yogis and adepts can hold their breath for longer periods but we are talking about ordinary mortals and not exceptional entities.

The point I am driving at is the fact that **the one single most important activity of our life is breathing.**

However rich or powerful you are, you cannot hire someone else to do it for you.

And yet it is a pity that more than 90% of the people do not breathe properly. Since they have been breathing from the moment they were born they take it for granted and think that they are breathing well. Nothing could be further from the truth.

Not long ago I met a friend of mine whom I had not seen for months. He was working earlier in Azzawia, Libya, where I worked, but he got transferred to Tripoli. He knew that I was conducting yoga classes in evenings and weekends. He had mentioned many times that he was interested in learning yoga but didn't have time!

Now that he was away at Tripoli his chances of learning yoga were even more remote because I was the only teacher around.

So when we met suddenly one weekend at Green Square, in the capital, he was bursting with queries.

He: " Raman, I heard that you are still conducting yoga classes"

I : "Yes of course, I still do"

He: "Tell me is it true that you are teaching people how to breathe?"

There are some questions which cannot be replied 'Yes' or 'No' because either way you get trapped into half-truths.

But between stimulus and response there is always a space however small it may be. And thanks to Stephen Covey, I had learned to use that space to think ahead and realize the possible implications at least to some extent, before making a shocking response to embarrassing questions.

I: "Oh yes! For sure I do.

Would you like to join the next course?

I can reserve a place for you".

He: "No, No Raman, thanks. I don't have any problem in my breathing. But I don't get peaceful sleep now a days. I am much worried about the way things are. If you plan to run a course to teach people how to sleep please give me a call. I would like to join".

Although he tried to make it sound genuine, there was an unmistakable thread of sarcasm as if he wanted to take a dig at what all things people teach now a days, because they have nothing better to do and there are always some gullible people who are prepared to enroll for anything, if only to kill the boredom.

So I had no other alternative than to shock him with a straight response, when perhaps all he expected was an apologetic withdrawal in a defensive tone.

I: "If you would really like to know, I will tell you something from what I observed in these few minutes. I have to tell you that your breathing is very shallow and inadequate to meet the requirements of your body. First of all you wouldn't be able to concentrate in your activities since your brain is not getting enough supply of oxygen. The frequency of your breathing is over 20 cycles per minute even when you are just standing and talking to me. At this rate it is no wonder that you are unable to get a sound sleep in the nights. So if you really want to learn to sleep well there are specific techniques in Yoga such as **Yoga Nidra** which can help you, although that is not their main purpose. These techniques calm your mind, reduce fatigue and ease tension thus creating a conducive state for good sleep which is only a by-product".

By now he seemed unsure of how to proceed. He was still not mentally ready to believe that Yoga could be beneficial to him, partly because he had never taken the time to approach it with an open mind. We tend to believe only what we want to believe. And we concoct any number of theories to disprove what we don't want to believe.

However he didn't have any other theories on hand since he was taken by surprise by the dose of truth I had dispensed.

To put him at ease I told him that there was no cause for alarm and he could learn the techniques of proper breathing within 5 sessions of "Balanced Breathing" course which will be extremely beneficial to him. All he needed was just 30 minutes of Yoga a day to enjoy sound sleep and good concentration in whatever activity he was engaged in.

He was quick to admit that his concentration was poor and that he tended to be forgetful even about simple and routine things.

He was amazed that all these could be corrected by improved breathing.

I told him that he was welcome to join the next course in the following week. He said he will. I haven't seen him since then.

**How will you know what you are missing unless you experience it?
Most people miss many good things in life, if only because they were not aware of what they were missing. Ignorance is bliss, in its own right.**

The breathing techniques of Yoga have been perfected by thousands of years of practice. Every technique is a masterpiece.

Because our Rishis didn't bother to claim copyright and taught these techniques to one and all who were interested in learning them, we take these for granted and fail to recognize the potential value in these apparently simple techniques. If these same techniques had been the brain waves of western gurus they would have enshrined them in patent laws and copyright codes allowing only a few rich people to have access to a technology which they wouldn't even find time to personally experience.

The Raja yoga system of Pranayama:

STRETCH:

The first step is to stretch the body upwards and sideways with the help of simple yoga movements such as Tadasana or the tree posture.

After the stretch we perform what we call the “One minute energizer”.

ONE MINUTE ENERGIZER:

This is a very powerful technique for energizing the whole body and increasing the blood circulation.

Rub the palms together for 5 seconds and rub them on the cheeks for 5 seconds.

Again rub the palms together for 5 seconds and rub them on the arms by rubbing the right arm from shoulder down to the wrist with the left palm for 5 seconds and switching over to the left arm in the same way for another 5 seconds.

Rub the palms together again and rub them on the chest and abdomen for 5 seconds.

Rub the palms together for 5 seconds, make a fist and pound on the thighs and leg muscles with the closed fists for 5 seconds.

With the heel of left foot massage the right foot from ankle to toes for 5 seconds and repeat with the right heel on the left foot.

Finally massage the neck muscles and the shoulder muscles with both palms and feel the accumulated tensions melt away.

The entire body is now energized and the blood flow made to pick up and circulate well.

The next step is to sit in a comfortable posture and begin the pranayama practice.

Vajrasana is the most preferred sitting position for performing pranayama but those who are not accustomed to sitting in folded leg position may sit in any other comfortable position like Padmasana or Sukhasana and perform the pranayama techniques with ease.

SHANMUKI MUDRA:

Withdrawal of the five senses from the outer world and focusing them on the 'Ajna chakra' we can take the mind to a very peaceful and pleasant state which acts as a starting point for any yoga practice also it is beneficial to repeat it at the end of the session.

It is very simple but extremely effective.

Here is how to do it:

Close your eyes and place the forefingers on top of the eyelids and the middle finger at the bottom of the eye lids as if holding the eyeball gently without applying pressure – left fingers on the left eyeball and right fingers on the right eyeball.

Place the little fingers on either side of the nose and the little fingers on either side of the mouth.

Keep the elbows parallel to the shoulders with the back in erect position without stooping forward.

Place the thumbs at the ear holes as if to block the external sounds from entering.

Take a deep uniform long breath to a count of five (five seconds) and slowly breathe out without moving the hands and the finger positions. Repeat the inhalation and exhalation for five cycles. Visualize the prana being absorbed in to the system when breathing in and the toxins leaving the body when exhaling.

After 5 cycles bring the hands down to the lap and slowly open the eyes still maintaining the deep uniform long breathing.

After practicing this for a week, it can be increased to ten cycles.

It will take only a minute to do five cycles but the balance it gives to the whole system is tremendous.

This is a very powerful technique which can be practiced even at night before going to sleep as it will calm the mind and result in deep restful sleep.

STAGE I: WARM UP:

Prana Power: Balanced breathing starts with a warm up sequence which includes 3 steps. The first is a technique called the **Instant Energizer**, which improves the blood circulation.

The second step is **Bellows Breathing (Bastrika)** to ventilate the lungs to remove stale air.

In our normal breathing the air inhaled reaches only up to the middle of the lungs and it gets exhaled without reaching the extremities. There is always stale air in parts of the lungs resulting in poor absorption of Oxygen, due to stagnation. The ventilation technique kicks out the stagnant stale air, making way for fresh air to reach peripheral areas.

The third technique is **Deep Breathing (Deerga Swasa)**. This step teaches deep uniform and long breathing. They are taught to inhale slowly and deeply to a duration of 5 seconds and feel the air fill the lungs to full capacity. Then they exhale slowly again taking about 5 seconds to expel all the air, with the help of abdominal contraction to move the diaphragm towards the bottom of the lungs. This is not all that difficult as it may sound to those who have never tried it before. With every cycle of deep breathing the participants expand their lungs to fill more air and also learn to expel more air than before, to almost empty the lungs before taking air in again.

30 cycles of bellows breathing followed by 10 cycles of deep breathing make the person so energetic he will immediately see the benefits of what he is embarking upon.

And all this is only the preliminary warm up which takes about 3 minutes.

Breathing Techniques: (PRANAYAMA)

Breathing Techniques for preparation and conditioning of the lungs/the three lobes	Position	Duration
Upper lobe ("JYESHTA") Ventilation and preparation	Vajrasana (hands folded behind head)	Bellow breathing: 9 cycles Deep breathing: 5 cycles
Middle lobe ("MADYAMA") Ventilation and preparation	Vajrasana (thumbs tucked at arm pits)	Bellow breathing: 9 cycles Deep breathing: 5 cycles
Lower lobe ("KANISHTA") Ventilation and preparation	Vajrasana (palms pressing on either side of waist)	Bellow breathing: 9 cycles Deep breathing: 5 cycles

Cyclic Breathing Technique for absorption of Prana

	Position	Duration
Inhalation (Puraka) Retention (Kumbaka) Exhalation (Rechaka) Pause (Soonyaka)	Vajrasana (palms on thighs)	5 Seconds 3 Seconds 5 Seconds 3 Seconds

SELF MANAGEMENT FIRST



joyofyoga@ymail.com

STAGE II: Preparatory techniques

PREPARE YOUR LUNGS FOR THE GREAT POWER TO COME:

The second stage involves 3 preparatory techniques which help the participants to experience the existence of the 3 lobes in their lungs. For many it is the first time that they get to know their own lungs as never before.

STEP 1: The first step is to prepare the upper lobes. This is done with the hands raised up and the forearms folded behind the earlobes with the palms back to back positioned between the shoulder blades. In this position the inhaled air is directed more to the upper lobes of the lungs.

10 cycles of bellows breathing followed by 5 cycles of deep uniform long breathing complete this step.

STEP 2: The next step is to apply this preparation technique to the middle lobes.

This is done with the arms parallel to the floor at shoulder level, folded to have thumbs tucked into the arm pits and the other fingers stretched to rest on the breasts (without pressing). In this position 10 cycles of bellows breathing and 5 cycles of deep breathing are carried out. The thumb pressure at the arm pits helps to direct the air to the mid lobes.

STEP 3: The last step in stage II is to prepare the lower lobes, by keeping the palms pressing on either side of the waist just below the lowest rib with the thumbs towards the back and the other fingers towards the front. 10 cycles of bellows breathing and 5 cycles of deep breathing complete this step of directing inhaled air to the lower lobes of the lungs.

The upper lobes connect to the parts and organs of the body from neck upwards, the mid lobes to the region between the neck and the naval and the lower lobes to the body parts and organs below the naval.

STAGE III: Absorption of prana

POWER THROUGH BREATHING:

There are specific techniques to absorb and distribute the prana or life energy to specific regions of the body through combinations of mudras and breathing techniques. Mudras are finger positions which have specific influence over the way energy flow is directed through the nerves. It is amazing that such scientific techniques have emerged over hundreds of years of practice and perfection and yet most of our contemporaries are largely unaware and unmindful of what should be an integral part of their daily life.

CYCLIC BREATHING:

Cyclic Breathing is undoubtedly one of the masterpieces in applied Yoga in its ingenuity of design and ease of performance, to achieve enormous benefits.

The technique is so simple that many people fail to appreciate its potential and only those who practice it regularly know the extent to which it can influence their body-mind-intellect equipment. As with many things that really matter in life, the rewards go to those who are willing and able to integrate their learning into their daily life.

Here is the technique, in a nutshell:

Cyclic breathing consists of four specific steps called 'Pooraka' (inflow) 'Kumbaka' (hold), 'Rechaka' (out flow) and 'Soonyaka' (pause) to a specific time sequence. To start with, the learners sit in Vajrasana, Padmasana or Sukhasana whichever is comfortable. They keep the palms facing down on their thighs, close their eyes relax their neck and shoulder, and concentrate on the breathing.

The technique consists of slow and deep inhalation to a count of 5 (5 seconds) followed by a "hold" period of 3 seconds when the lungs hold the full volume of air after which the air is slowly released during exhalation "Rechaka" for 5 seconds. The last step is "pause" for 3 seconds at the end of complete exhalation to keep the lungs empty before proceeding to the next cycle of breathing, to the same sequence of 5-3-5-3.

This 'starving' effect at the end of exhalation creates a unique state in which the blood cells in the lungs are kicked out of their slumber to grab the oxygen and 'Prana' arriving soon after, and to keep moving to make way for the other blood cells waiting in the queue.

And when the inflow follows, that is precisely what they do, just like that, without asking any questions.

The retention of the lungful of air in 'Kumbaka' helps the lungs to a great extent enlarging the field of activity over which the exchange actually takes place, thereby maximizing the absorption.

The quantum leap in the energy level resulting from this technique is to be experienced to be believed. The difference is not just marginal. It is multifold. You can compare it to an angler substituting his fishing rod with a fishing net. In the time that he used to spend for catching one fish he is now roping in thousands.

When I learned these techniques years back from Swami Poornananda I was quite skeptical because the Pranayama that I knew as part of religious rituals was unexplained and incomplete. Without being taught the full significance of such a procedure we tended to do it mechanically more to please our elders than to derive any benefit. The mention of the word Pranayama usually evoked a lukewarm response, conjuring up an image of alternately blocking each nostril while trying to breathe through the other nostril and chanting the mantra at the same time!

The moment I started practicing what I learned from Swami Poornananda I could feel the potential of the breathing techniques towards refining my body-mind-intellect equipment. The benefits were distinctly perceptible right from the first week. In these 40+years of practice I am more and more convinced that it was by the grace of God that I was in Madras at the right time to receive instructions in this great science.

This cyclic breathing technique is incorporated into the steps of stage III along with 'Mudras' to form a sequence of practice which bestows excellent benefits.

STEP 1: Keep the fingers in Kanishta Mudra, with the thumb and forefinger forming a circle and other fingers stretched comfortably, palms facing down and placed on the thighs in sitting position as

explained earlier, eyes closed, and the mind engaged in breathing awareness. Cyclic breathing to 5-3-5-3 sequence is practiced to 5 cycles before moving to step 2.

STEP 2: The fingers assume the “Madhyama Mudra” with thumb and forefinger forming a circle as in step 1 but the other finger slightly clenched into the palm forming a fist.



Cyclic breathing is repeated with this mudra for 5 cycles.

STEP 3: In “Jyeshta Mudra” the thumb is folded into the palm and all the other fingers are folded tightly over the thumb. 5 rounds of cyclic breathing complete this step.

STEP 4: “Meru Danda”: The thumbs are stretched out vertically with the other fingers clenched into a fist. The palms face each other with thumbs pointing upwards. 5 rounds of cyclic breathing direct the energy absorbed to the spinal column and the chakras thereof.

“Kanishta Mudra” directs the energy flow to the parts of the body below the naval, “Madhyama Mudra” to the regions between naval and neck and “Jyeshta Mudra” to all the parts above the neck.

By suitably increasing the number of repetitions of any of these specific steps one can reduce the effect of any ailments arising in the specific regions of the body and enable the body to recoup faster. These techniques when practiced regularly remove fatigue, tone up the nerves, glands and organs and keep the entire system in excellent performance.

Sense Withdrawal: (SHANMUKI MUDRA)		4
Movement	: Erect sitting position (fingers closing eyes, ears etc.)	
		
Breathing	: * Inhale and exhale in deep - uniform-long rhythm, with sense inputs cut off and the mind focused on the breathing (10 cycles)	
Benefits	: * Calms the mind * Releases stress * Relaxes the nerves * Helps to acquire emotional balance * Prepares the mind for Meditation	
SELF MANAGEMENT FIRST		

SHANMUKI MUDRA:

Consolidation of Energy through **Pratyahara** (withdrawal of the senses)

To consolidate the beneficial effects of these techniques the participants are taught to withdraw all inputs through the sense organs in “Shanmuki Mudra” for about 2 minutes. This is a very powerful yoga technique and is an indispensable prelude to Meditation.

In sitting position the participants raise their hands towards their face. With the eyes closed they position the forefingers on top of the eyelids, the middle fingers at the bottom of the eyelids, the tips of ring fingers on either side of the nostrils, the tips of little fingers on either side of the mouth, the thumbs tucked into the ear openings and the elbows in level with shoulders. Symbolically all sense organs are blocked and the mind dwells only on the breathing. With every inhalation the participant visualizes removal of tension, depression, fatigue and toxins from the entire system rendering it more and more refined with every cycle of breathing - The breathing is deep uniform and long but without the ‘hold’ and ‘pause’.

“After 10 cycles of breathing they slowly bring the hands down to rest on the laps and open their eyes.

The effect is unbelievable for those who have never experienced it before. Suddenly the ears become sensitive to very minute sounds which they had never noticed before, the eyes see the objects with enhanced color and the smell and taste glands become more sensitive than ever.

(It is like the taste of food when a person is really hungry.)

In one of the sessions that I conducted for the Indian Community School Tripoli, Libya during a workshop arranged for the teaching staff, there were about 15 teachers who participated, including the Principal.

Many of them appreciated the relaxing effect of these techniques particularly in view of the pressures of handling large classes, preparing lesson plans, setting question papers, correcting answer papers and meeting parents during the end of term interviews. The Principal who was responsible for organizing the workshop had to shoulder the criticism that these sessions took a week away from the end of term holidays but she persisted in seeing it through in spite of the opposition. She said she found the sessions so refreshing and energizing and she proposed further sessions as a follow-up, for the benefit of those who were interested in continuing with the new found experience.

Equally enthusiastic were the members of Humor Club, for whom I presented a 5 day workshop on their request.

Generally women tend to avoid physical exercise due to various pressures of raising the children and managing the home front. For working women it is all the more difficult to find time for fitness programs. That is the irony of the situation - they are the ones who need it most and will actually benefit much by adopting a regular fitness program which will keep their energy levels high, tensions low and will enable them to achieve a better hold on everything that claims their valuable time. It is a pity that they mostly deceive themselves with the excuse that they don't have time for exercise. The fact is that they cannot afford not to find time for fitness. The slow decline in health, increase in depression and tiredness will actually result in more time being taken for their "pressing" activities for the very reason that they have failed to keep their body in top form. What is lacking is not 'time' but will power and self-motivation. Only when they realize that they are responsible for their own lives, they will overcome this "no time" syndrome.



BENEFITS:

- Prevents tiredness, depression, fatigue
- Normalizes blood pressure
- Increases body resistance
- Activates energy centres
- Harmonizes glandular function
- Prevents asthma and other lung ailments.
- Improves blood circulation
- Rejuvenates the body
- Activates energy centres
- Prevents premature aging
- Enhances memory power
- Calms the mind and the nervous system



This is an invitation to learn the ancient and scientific techniques of Yoga for toning up the body-mind-intellect equipment, the priceless gift that sets us apart from other beings in this universe.

We don't generally miss what we are unaware of.

Many of us spend a whole life time without experiencing some great things which give more meaning to our life, if only because we were unaware of them.

Don't let this happen with Yoga. It is a science open to every human being to explore and experience.

Act today !

You will find that this is one of the best decisions you have ever made. For further information / enrolment, contact :

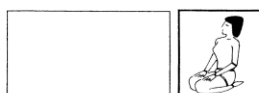
Yoga Power International



**PRANA POWER
(POWER BREATHING)**

**TECHNOLOGY FOR
SELF-MANAGEMENT**

A guided experience
to tone up the body
enhance the vital energy
reduce stress
and tap the sleeping giant
inside your body-mind-intellect
equipment.



SELF-MANAGEMENT FIRST:

Management is an art.

It has become increasingly important today. Every aspect of our life involves management of time, money, resources and activities.

Self-management comes first.

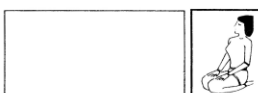
Before we can efficiently manage an organization such as a Hospital or a School, a Public Institution or an Industrial Unit, we should have sufficient exposure to the skills of managing the self.

Do you manage your time efficiently? Do you plan your activities of each day and the time you want to give for each? Do you often feel that you could do with a few hours more each day? Do you put off activities that you like because you have no time?

No time to -
 play with your child?
 paint a flower?
 learn a song?
 experiment with a new recipe?
 enjoy the sunrise?
 learn Yoga?

Don't say no to these things, especially to Yoga. Time passes in any case, but life won't come back. Learn self-management to live a lively life. You deserve at least 5 percent of your time for yourself.

That is all it takes!



PRANA POWER : POWER BREATHING TECHNIQUES

It may surprise you, if we say that most of the people do not breathe properly. Their breathing efficiency is so poor they hardly manage to keep going with low energy levels, fatigue and reduced alertness.

They will experience a dramatic increase in their energy levels and alertness by learning to use these time tested techniques of power breathing based on "RajaYogaPranayama"

THE COURSE:

5 Sessions of 60 minutes duration each, spread over 5 days to train the participants in the effective absorption, conservation and regulation of PRANA (vital bio-energy) so essential for radiant health and freedom from fatigue.

Through simple but effective techniques the participants learn to rediscover their lungs in a way that they have never done before.

Every cell in the body needs PRANA.

By maximizing the absorption and distribution of the vital bio-energy one can enjoy radiant health and freedom from fatigue.

It takes only 20 minutes per day to practise this superb system.

HIGHLIGHTS OF THE COURSE:

- One minute energizer
- preparation of the lungs – Yogic breathing
- Movements for expanding and improving the performance of the lungs
- ventilation techniques to remove stale air from the lungs.
- "Mudra Pranayama" for enhancing the absorption of Prana
- Specific techniques for relaxing and vitalizing the eyes
- Release of stress and tension through special relaxation techniques
- Cyclic breathing for emotional balance
- "Mahat Pranayama" the most important technique to vitalize the entire body.

THE RESOURCE :

"YOGA POWER" courses are offered by Dr.A.Raman who has been practising yoga for over 30 years. He has selected the best techniques for beginners after much experimentation and research in practice and teaching.

Dr. Raman who holds a Ph.D. in Management is a disciple of Swami Poornananda who introduced Raja Yoga Pranayama and Meditation to company executives and the general public of Madras in Southern India, the place so famous for its divine traditions and respected spiritual teachers.

Dr. Raman was attracted to Yoga in his teens. This interest was further kindled by his exposure to deep studies in the Science of Yoga through Bihar School of Yoga, the Theosophical Society and Swami Poornananda Raja Yoga courses.

Prana Power breathing techniques are based on Raja Yoga Pranayama.

These are dedicated to Swami Pooornananda who taught me one of the most important life skills, something I have been practicing ever since and found it to have a profound impact in my life.

Swami Poornananda was one of the rare teachers.

There are basically two types of learning – learning from external sources and learning from our own inner guide.

This relates to one aspect of learning, learning from external sources, starting with our experiences and our interactions.

A lot of what I share with you came from very ancient texts such as Pathanjali's Yoga Sutras and other teachings by yogis handed down in the Guru - Sishya parampara and I was fortunate to have had access to it from one who had dedicated his life to learning and teaching yoga – Swami Poornananda.

Pranayama is one of the important steps in Ashtanga Yoga by Pathanjali Maharishi, whose treatise on yoga written thousands of years ago is still the best source and guide for all who practice yoga.

By learning to regulate the pranic flow during the process of breathing we can calm the mind and reap immense benefits that include healthy functioning of all our organs, both internal and external.

PRANAYAMA has several stages and each stage has many techniques that need to be done in sequence to derive the full benefits.

FIRST STAGE:

PREPARATORY TECHNIQUES:

These are done to expand the lungs and allow the stale air to be pumped out and fresh air to be filled to greater extent than normally done by us.

BASTRIKA (BELLOW BREATHING):

Keep the palms together in front of the chest as if doing “Namaste”. Take a deep breath fill the lungs and then breath in and out in a fast mode, first 3 cycles and again 3 cycles and lastly 3 cycles, taking a deep breath to fill the lungs after every 3 cycles of fast breathing. This is Bastrika or Bellow Breathing.

After completion of the nine cycles of fast breathing in Bastrika mode, switch to deep uniform long breathing for 5 cycles. This will equalize the respiratory system and prepare it for the deeper techniques that follow.

JYESHTA:

Bring the palms together and take them above the head and slowly take them behind the neck to touch the mid cavity between the shoulder blades just below the neck.

Take a deep breath and do Bastrika breathing for nine cycles as above.

Switch to deep uniform long breathing after Bastrika.

Take a deep uniform long breath to a count of five and exhale slowly again to a count of five. Repeat this breathing cycle for 5 cycles with the eyes closed and keeping the mind on the breathing.

This sequence takes the air to the upper lobes of the lungs as we keep the arms above our shoulders and palms behind the neck with the fore arms touching the back of the ears. It supplies pranic energy to the organs above the neck.

All these words may sound so complicated but it is basically very simple to do. Explaining it in so many words is necessary to make one understand the sequence.

MADHYAMA:

Keep the arms folded and elbows in line with the shoulders, the thumbs tucked in to the armpits facing backward and the rest four fingers horizontal and facing the front.

Again take a deep breath and carry out Bastrika for nine cycles of fast breathing, followed by deep uniform long breathing for 5 cycles.

This sequence takes the prana to the middle lobes of the lungs which supply the pranic energy to the organs below the neck up to the abdomen.

KANISHTA:

Keep the palms at the sides of the waist, with the thumbs facing the back and the rest four fingers facing the front, pressing comfortably just below the rib cage below the last rib.

Take a deep breath and repeat nine cycles of Bastrika followed by 5 cycles of deep uniform long breathing.

Bring the palms back to the lap after completion and breath normally.

This step takes the prana to the lowest lobes of the lungs which supply the pranic energy to the organs below the navel up to the soles of the feet and the toes.

These three techniques are called preparatory techniques and their objective is to make the lungs more efficient in taking the energy and making it available to various organs of the body.

All the three put together will take only 3 minutes to perform.

ABSORPTION OF PRANA:

There are techniques to enhance the absorption and distribution of Prana which are done after the preparatory techniques.

These involve finger positions called Mudras.

KANISHTA MUDRA:

Sit in Vajrasana (or Padmasana or Sukhasana, if Vajrasana is not easy for you).

Keep the tip of the fore finger of each palm touching the tip of the thumb and the other fingers straight and parallel together, the palm facing down and kept on the thighs.

Take a deep breath for five seconds, hold it for 3 seconds, exhale slowly for 5 seconds and pause with empty lungs for 3 seconds before inhaling again. This is called cyclic breathing. Repeat 3 cycles of cyclic breathing with Kanishta mudra and move to the next mudra - Madhyama mudra.

MADHYAMA MUDRA:

Keep the tip of the forefinger touching the tip of the thumb and the rest of the fingers folded tight in to the palm as close to the root of the fingers as possible with the palms facing down.

Repeat the cyclic breathing in this mudra for 3 cycles.

Move to the next mudra – Jyeshta mudra.

JYESHTA MUDRA:

Fold the thumbs in to the palms and fold the other fingers over the thumbs in a tight grip with the palms facing down.

Repeat the cyclic breathing for 3 cycles in this mudra.

Move over to the next mudra – Meru Danda mudra.

MERU DANDA MUDRA:

Keep the thumbs facing upwards erect and fold the other fingers tight in to the palm as close to the roots of the fingers as possible to form a tight fist. This mudra is done with the palms facing each other with the thumbs vertical.

Repeat the cyclic breathing for 3 cycles.

All these four techniques are done with the eyes closed and the mind fully aware of the breathing in full focus. They help in enhancing and maximizing the absorption of prana at the three lobes and the last mudra, Merudanda energizes the spinal column and the pranic channels that flow through the spinal.

These four will take only 4 minutes all together.

Next we move to a very powerful technique for distribution of the Pranic energy to all parts of the body and to all organs internal and external.

MAHAT PRANAYAMA:

Mahat pranayama is the most energizing of all pranayamas and it involves simultaneous practice of 3 bandhas while performing the Maha mudra.

When we swallow the saliva we lock the throat passage and suspend the flow of breath while the saliva is allowed to pass through the food channel. This throat lock is called Jalandara Bandha.

When we pull the diaphragm after complete exhalation and hold the abdominal muscles pulled in, this is called Uddiyana Bandha.

When we breathe out completely and pull the anal and genital muscles in and hold them in that position, it is called Moola Bandha.

In Mahat pranayama these three bandhas are done together as follows:

Sit in Vajrasana and keep the palms facing down, in Jyeshtha mudra – with the thumb folded into the palm and all the fingers folded tight over the thumb to form a tight fist.

First take a deep breath and perform Bastrika for 9 cycles of fast breathing.

Then inhale deeply and keep the lungs full and lock the throat passage without breathing in or out in Jalandara Banda at the same time holding the abdominal muscles tight in Uddiyana Bandha and also perform the Moola Banda pulling the anal and genital muscles in a tight hold.

Hold this combination of bandhas and mudra for a count of 10 or ten seconds.

Breathe out slowly after simultaneously releasing all the three bandhas and mudra.

Repeat this Mahat pranayama for 3 cycles.

This will take only 3 minutes to perform.

All the above will take less than 10 minutes.

Finally perform shanmuki mudra for 1 minute, to complete the whole sequence.

The whole set of Pranayama done in the same sequence for just 15 minutes in the morning before breakfast and again in the evening before dinner will boost the energy levels to maximum and lead to very healthy balance in all the organs performing at their best.

Within 3 weeks of this daily practice you will notice an overall increase in energy and fitness levels.

It will become a part of your daily routine and it will make a huge difference in all round health.

5. DHYANA (MEDITATION)

One of the most important steps in the Ashtanga Yoga is dhyana.

Dhyana is basically the turning of the mind inwards and observing it as if you are a witness, trying to become aware of the self.

Dhyana is best practiced after the asanas and pranayama which help in bringing the body and mind to a balanced and peaceful state as a preparation for dhyana.

A comfortable sitting position like Padmasana or Sukhasana will be ideal for dhyana.

Switch off your mobile phone and any other phone for just 15 minutes to enable you to enjoy the full benefits of dhyana.

Sit comfortably and close your eyes.

Take a deep breath and exhale slowly.

Perform Shanmuki mudra to take the mind away from the senses and turn inwards.

Keep your mind on the breath.

PROGRESSIVE RELAXATION

With ten deep breaths we relax the entire body as the next step to go deeper for meditation.

[1] Take a deep breath and fill your lungs. Feel the energy being absorbed in your system. When you exhale relax the top of your head. Visualize the top of your head getting relaxed and all the tensions melting away.

[2] Take another deep breath and fill your lungs. Feel the energy being absorbed in to your system. When you breathe out relax the face muscles and all parts of your head including the eyes, ears, nose, mouth, tongue, and the jaws.

[3] Take deep breath again and when you exhale relax the neck and throat.

[4] Take a deep breath and when you exhale relax the shoulders, arms, elbows, wrists, fingers and the palms.

[5] Take a deep breath and when you exhale relax the chest and back.

[6] Take a deep breath and when you breathe out relax the abdomen and lower back.

[7] Take a deep breath and when you breathe out relax the genital muscles and the buttocks.

[8] Take a deep breath and when you exhale relax the thighs and the knees.

[9] Take a deep breath and when you exhale relax the calf muscles and the ankles.

[10] Take a deep breath and when you breathe out relax the heels toes and the sole of the feet.

[11] Take a deep breath and when you exhale relax the entire body. Visualize the entire body so relaxed and all the tension gone.

Repeat this last step of relaxing the whole body twice again and feel the calm and peaceful state of your mind and body ready for dhyana or meditation.

With the whole body so relaxed we now take the mind still deeper by chanting AOM three times, once aloud, next only at the throat as a hum without opening the mouth and lastly just as a silent chant in the mind without any expression of sound.

Take a deep breath and when you exhale chant AOM feeling the 'A' originating at the navel level, 'O' at the throat level and the sound 'M' vibrating just behind the forehead.

Take another deep breath and with exhalation repeat the chant again but without opening the mouth, just humming it at the throat level and feel the vibration filling the whole body.

Lastly take another deep breath and when you exhale repeat the chant in silence, without any expression of sound but chanted only in the mind.

You are now at the deepest level of the mind witnessing the ***subconscious self***, operating beyond the physical, mental and emotional planes as a pure cosmic energy permeating the entire universe. Just be a witness and observe the breath, the cool breath when you inhale and the warm breath when you exhale.

Just keep the mind relaxed and observe any thoughts occurring in the mind without getting attached to it as you would observe cars and other vehicles passing on a road where you are standing on the side. You would not be particularly attached to any passing vehicle. So too the thoughts that occur are not owned by you; they just pass through your mind as they show up. By being an observer detached from the thoughts you will notice that the thoughts will fade away and over a period of time you will have lesser and lesser thoughts compared to earlier.

After about 15 minutes of deep dhyana, slowly open your eyes and feel the peace and calmness that results from the session.

Complete the session by performing Shanmuki mudra again for 3 cycles of deep breathing.

When you practice Dhyana in this sequence within a few weeks it will become a pleasant and enjoyable addition to your daily life and it will not only result better physical and mental fitness, it will also enrich your life by way of becoming more balanced, less irritable, more friendly and tolerant in dealing with those close to you and also with colleagues at work and even strangers.

Keep your awareness and the witness attitude all through the day, in dealing with your activities and interactions.

ABOUT THE AUTHOR

Dr. Anant Raman

Instrument engineer by profession, Yoga specialist by choice, Humorist by God's grace, Sunday painter, Photographer, Terrace gardener and Freelance writer among countless other things that keep him thankful for being alive at this wonderful time, on this divine earth.

Can be contacted at:

Email: laughingflowers@gmail.com

Face book: www.facebook.com/dr.anantraman

www.facebook.com/groups/joyofyogaforall

Web: anantraman.com

Joy of Yoga for All

How will you know what you are missing unless you experience it?

Most people miss many good things in life, if only because they were not aware of what they were missing. Don't let that happen with Yoga.

The Science of Yoga is thousands of years old and yet it is relevant even today.

Ashtanga Yoga is a gift from Pathanjali Maharishi given to us in the form of Yoga Sutras.

Pranayama. The breathing techniques of Yoga have been perfected by thousands of years of practice. Every technique is a masterpiece.

Because our Rishis didn't bother to claim copyright and taught these techniques to one and all who were interested in learning them, we take these for granted and fail to recognize the potential value in these apparently simple techniques. If these same techniques had been the brain waves of western gurus they would have enshrined them in patent laws and copyright codes allowing only a few rich people to have access to a technology which they wouldn't even find time to personally experience..

Your body is a gift given to you to live your life in balance, enjoying every moment feeling thankful for being alive.

You owe it to yourself to maintain your body in good health all your life and Yoga shows the way.

This compilation of basics for the beginners is my humble offering, based on more than fifty years of practicing and teaching yoga.

