

#### \*Raja Yoga:-

We each possess vast mental and psychic resources that lie virtually untapped below the surface of the conscious mind. To release this latent potential, Raja Yoga prescribes a psychological approach, based on a practical system of concentration and control of the mind. Right conduct, a healthy body and steady posture, breath regulation, and withdrawal of the senses are recommended to achieve this. Only if this foundation is firm can the superstructure of concentration and meditation succeed. Hatha Yoga is a form of Raja Yoga that emphasizes asanas and pranayama. Without Yamas, Niyamas, and the other steps (see below), it is not "Yoga".

\*Yoga is a life of self discipline based on the tenets of "simple living and high thinking". To the ancient Yogis, the body was seen as a vehicle for the soul, and this is a useful metaphor in the modern context. Just as a car requires a lubricating system, a battery, a cooling system, the proper fuel, and a responsible driver behind the wheel, so the body has certain needs if it is to function smoothly.

#### \*Asanas:-

In Yoga, the physical exercises, called asanas are non-violent and provide a gentle stretching that acts to lubricate the joints, muscles, ligaments, tendons, and other parts of the body. Asanas help to tone the nervous system, improve circulation, release tension, and increase flexibility. When performed in a slow and relaxed manner, they are designed to develop more than just the physical body. They also broaden the mental faculties and enhance the spiritual capabilities. Asanas make up the third limb, or step, in the Raja Yoga system.

#### \*Pranayama:-

Deep breathing helps to cleanse and nourish the the physical body. As you inhale fully, you are supplying an abundance of oxygen, an element that is essential to every cell in the body. As you exhale, the waste products are being expelled. Breathing also helps to connect the body to its battery, the Solar Plexus, where tremendous potential energy is stored. When tapped through specific Yogic breathing techniques (pranayama), this vital energy, or prana, is released for physical and mental rejuvenation.

\*Proper Relaxation:-

When the body and mind are continually overworked and stressed, their natural efficiency diminishes. Rest and relaxation are Nature's ways of giving the body a chance to recharge. Like the radiator of a car, they cool down the system. Yogic methods retrain the mind and muscles to relax completely.

\*Vegetarian Diet:-

A meat-free diet enables the body to obtain the maximum benefit from food, air, water, and sunlight. The Yogic diet consists of foods that are easily digested, and that promote good health. As well as being simple, natural, and wholesome, it takes into account the subtle effect that food has on the mind and on the Astral Body. Followers of a Yogic diet find themselves attaining a high standard of health, a keen intellect, and serenity of mind.

\*Positive Thinking And Meditation:-

Just as any vehicle requires an intelligent driver, so the body needs a balanced mind that can stay in control. Regular meditation will help you to achieve this; your mind will become clearer and more focused, and your ability to concentrate will improve. Positive thinking will purify the intellect, and you will begin to experience wisdom and inner peace.

\*All session of asanas begin with the Surya Namaskar, or Sun Satutation. This excellent warming-up exercise consists of a sequence of 12 positions that move the spine in various ways and promote flexibility in the limbs. It is of Special benefit to beginners, to stiff people, and to the elderly, as it helps the body to gain flexibility. It also regulates the breath, and focuses the mind.

\*Starting Position:-

Stand erect with the head and body straight but relaxed. The feet are together, the knees are straight, and the arms are relaxed at the sides. Inhale deeply and the arms are relaxed at the sides. Inhale deeply and begin.

\*Step I-

As you exhale the breath, bring your hands together at the chest in the Prayer position. This is a powerful physical, mental, and psychic way of centring the body. Bringing the hands up from the sides, place the palms flat against each other at the centre of the chest. The elbows are pushed out to the sides.

\*Step II-

Inhale and stretch your arms up over your head. Arch your body backwards, keeping the arms alongside the ears, and the knees straight.

\*Step III-

Exhale as you bend forwards and bring the hands down to the floor next to the feet. If you cannot put your hands on the floor with the knees straight, bend the knees slightly.

\*Step IV-

Without moving your hands, inhale and stretch the right leg back as far as possible. Drop the right knee to the floor and then stretch the head up.

\*Step V-

Retaining the breath, bring the left leg back and place the left foot next to the right, with the toes pointing forwards. Your body should now be in a straight line, in a posture often known as the Push-up position.

\*Step VI-

Exhaling, drop the knees straight down to the floor. Keep the hips up. Without rocking the body backwards, bring the chest straight down to the floor between the hands. Bring the forehead to the floor; beginners may place the chin on the ground if this is difficult to do.

\*Step VII-

Inhale as you slide the body forwards until the hips are on the ground. Arch the chest up and bring the head back into the Cobra pose. Do not move the hands. The elbows are slightly bent, with the shoulders down and back so that there is no tension in the neck so that there is not tension.

\*Step VIII-

Exhale as you tuck the toes under without allowing the hands or feet to move from their positions, bring the hips up. Push the heels towards the floor and keep the knees straight the arms. This is often referred to as the inverted "V" pose

\*Step IX-

Inhale and bring the right foot forwards between the hands so that the fingers and toes form a straight line. Drop the left knee to the floor and stretch the head up. This is same as the position.

\*Step X-

Inhale as you slowly reach the arms forwards and then stretch them up over the head. With the arms alongside the ears, and the weight centred on the balls of the feet give a complete backward bend to the body. This is the same position.

\*Step XI-

Without moving the hands exhale as you bring the left foot forwards next to the right foot. The forehead is down towards the knees. This is the same position as that

\*Step XII-

Exhale as you stand upright and bring your arms down alongside your body, returning to the starting positions. You are now ready to begin the next Sun Salutations cycle. In the steps shown here, you are asked to lead with the right leg, but for the next cycle you should lead with the left leg.