

YOGA FOR BETTER LIVING



“ Yoga does not just change the way we see things, it transforms the person who sees ”

B. K. S Iyengar

AKSHAYOGA

Mind. Body. Soul.



We start our journey book with this quote because it translates my experience with this ancient Science practiced over 5000 years before Christ and mentioned in the oldest sacred texts, The Rig Veda. In Sanskrit the word yoga, comes from yuj, which means “to unite” “ Union”. In spiritual sense, it means that is the union of the body, mind and a superior intelligence.

The intelligence of the universe. Bringing this to our reality today, The World Health Organisation (WHO) defines health as a state of complete physical, intellectual, emotional, social and spiritual well-being and not merely the absence of disease. So it truly means that we should take a holistic point of view on our health. And it changes our perspective to things. It truly AMPLIFIES.

A few medical scientists agree that Yoga therapy is successful because of the balance created on the nervous and endocrine systems. A healthy living should really take into consideration body, mind, moral and spiritual levels.





BODY

Bring the 4W1H rule into play.

What, When, Where, Why
& How am I

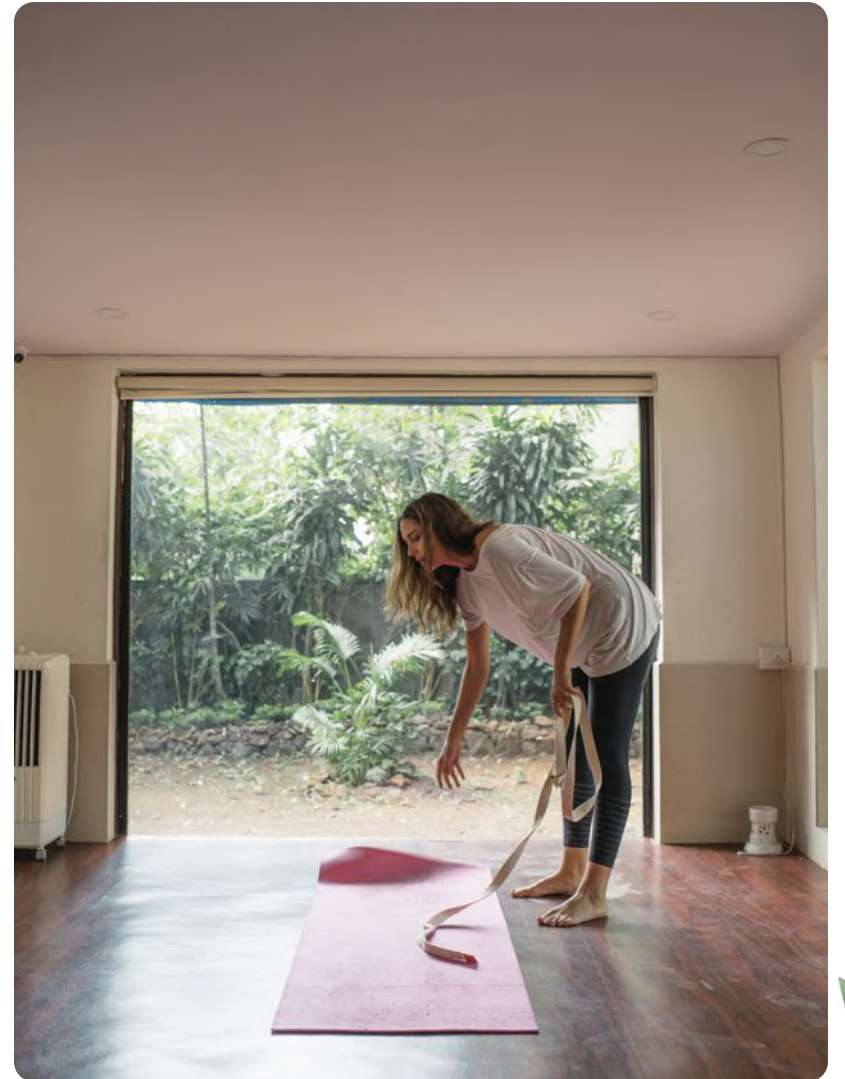
A-) Eating

B-) Protecting my body
according to the climate changes

C-) Sleeping, Resting

D-) Entertainment / Recreation

E-) Exercising



One should themselves on their schedule of the rules to maintain good health. It's all about your daily routine and how it gets piled up every single day. If you practice good habits, you are gaining credits, but if not you are withdrawing your health little by little.

A yogic lifestyle follows simple principles for prevention. A disease is caused by several distresses and lack of care and follow up with our bodies. But there is a way to take care of our physical health and regaining our self-reliance over things. Remember, you know better. Yoga will help you to improve your body awareness. Develop this look and this deep observation about your body. It's your home. It's the vehicle to your soul in this human experience and it's your 1st duty before anything else. To take care of your physical and overall health. It has to be a priority.

A daily simple set of asanas could do amazing things to keep joints, ligaments, muscles, spine engaged and up to date. A brisk walk done at least three to four times a week would do wonders for not only for your body but also to my mind.



MIND

It's important to pay good attention to our mind health.
What is the quality of our thoughts?

How do I stop a negative vicious cycle of self-hatred . I call this thoughts lockers, little by little they trap you inside your own mind and steal you away from yourself. As if you were held by excessive weight and you were drowning in the sea.



Our values, our conducts (Yamas), our own motivations towards life. The 1st step of Maharishi Patanjali Ashtanga 8-fold path. Yoga starts in your life , this is the grounding base. These are the do's for self regulation:

- Ahimsa (non Violence)
- Satya (truthfulness)
- Asteya (non stealing)
- Brahmacharya (continence - control over desires),
- Aparigraha (no accumulating - no hoarding)



MIND

The clarity that comes with the practice allows us to be aware. This awareness adds to the positive cycle of things. But how to break a bad cycle then? One of the things that I have found in my journey is that, the 8-fold path is the best self-life coach experience someone could possibly apply to their lives. You will learn to develop objectivity.

Where to start? You start in the beginning.



The first step. Somehow, one leads to the other and when you experience that, you are able to understand that the true yoga begins when you step out of the studio. The practice brings deep valuable changes in your own mind, and the byproduct is good mental health, that generates good actions, good actions generates good habits, good habits generates a good character and a good character creates the man. Paraphrasing the Upanishads if I may.

Remember, whatever take your peace of mind away is just too expensive.



SOUL

Yogah Karmasu Kaushalam -
Excellence in work is yoga
- Bhagavad Gita

Ishwara Pranidhana-

Having faith, learning to surrender. To develop a relationship between ourselves and something greater than us. And as any other relationship this needs to be nurtured. We as human beings have many distractions already that just pull us off to a higher connection, and by letting go of the relationship with a higher consciousness you will need discipline and a lot of self-study to get back on track. And here we apply Kriya yoga or as Hatha Yoga call Raja yoga.



Tapa, Swadhyaya to reach Ishawara Pranidhana, surrendering it to God, to the universe, to the almighty.

Savour that relationship daily, it will align you in synchronicity with what you want and how to be able to create your new reality. This will help to listen the answers , you will be able to understand the signs.



AAHAR



- Rajasik – Spicy or hot. Food with onion, garlic. Coffee, soft drinks, tea (black tea), sugary foods. The high intake will cause u restlessness, stress and anger. A Rajasik based diet will cause you the degradation of mind-body equilibrium.
- Tamasic- Basically consists on food which is dead. Such as meat, eggs, stale food, processed food, food with chemical additives, fast foods, reheated food, alcohol, cigarettes and drugs. Deep fried food (when the nutrients are all lost), white sugar, old food. These are tamasic in energy because they don't do anything to lift our “energy” and consciousness. In fact, pay close attention how they pull us down into laziness, inertia, confusion of mind, lack of attention, un motivation, dullness, carelessness unawareness of one self and others. If a diet is based on Tamasic food, might lead to obesity, heart and liver diseases and diabetes.
- Sattvic – is pure vegetarian food. Something that the yogis live by. Sattvic habits play an important role here. But let's stick to food for now: vegetables, green leaves, organic food , wholemeal breads, pulses, grains and sprouts, nuts, herbs, seeds, honey milk and dairy products which are free from animals rennet. Food should be nourishing, lubricating (with ghee) and milk to strength the 7 tissues of the body (Sapta Dhatus). Soft, pulpy, sweet food and easy to digest are part of the traditional yogi diet according to Hatha Yoga Pradipika. This food will raise one's consciousness, inspire us to be positive on the thoughts and as a consequence in action as well. This type of food will help deepen meditation stages, help in concentration, help with balanced choices, unleash one's hidden potential and boost creativity.





ACHAR

How do you make good behavior in your routine? Good habits? How to get them rolling as soon as possible? How to sow the seeds and reap the harvest?

Here it's all about putting everything into practice. Get your agenda and time schedule your good habits. It's said by one of my Gurus, Yogendra ji, that anyone can achieve anything if that thing is done at the same time, everyday (Consistency is the Key! Abhyasa !) No matter what, I will get it done. No compromise.



Find spots to walk in the nature, get morning sun rays or watch a beautiful sunset, see the ocean, sit on a peaceful garden, walk barefoot on the grass, swim

Yoga : Maharishi Patanjali -
The 8 Fold Path of Ashtanga Yoga

- Yamas (don'ts , self regulation),
- Niyamas (do's),
- Asanas (conscious postures, quality of thought, point of attention, awareness),
- Pranayama (regulation of vital energy),
- Prathyara (withdraw of the senses),
- Dharana (concentration)
- Dhyana (meditation),
- Samadhy (trans consciousness)

Regulation timing of sleep, timings to eat.



SOUL

We receive signs daily, but yet we are not able to decode. But by your commitment (Abhyasa) to yoga, meditation, japa mala practice you will be able to connect to the clear and true version of yourself and materialize what is linked with the highest self.



Excellence in work is yoga, by evolving your mind, heart and soul to an activity and forgetting the time, you become one with your work. By doing it sincerely and surrender the results to Ishwara (God). This is also Yoga.

One must not stay too much in contemplation , one has to understand what are the actions to be taken after the acquired knowledge by the intellect. How can this be of any use for the world? For those around me?





Yogic Lifestyle

AVAV

How should I apply to my daily routine? From where should I start? How to restore balance to my life?

Be your own Self Coach with the help of AVAV, this Yoga therapy. In yoga a healthy man is the one who has a balanced state of mind and his attitude towards life follows strong spiritual principles and his thoughts and deeds are in accordance with these values.



AVAV (Ahar, Vihar, Achar, Vichar) and is extracted from the Yoga Sutras and taught by the oldest Yoga Institute in India, I have learned from the source and have been following it over the years. Hence I base my lifestyle & wellness consulting in this aspects with my clients. It has changed my health, helped me with the quality of my thoughts and how to pursue purpose in life.

Helped really to follow a better lifestyle. If u follow this steps you will certainly guide a healthy lifestyle and live a happy life where you will be a better human being not only for those around you but also impacting the world in a positive way. We Act deep in ailments (Vyaadhy) caused by Aadhi (stress). Basically we address what we keep doing over and over again that might just get us sick.



AAHAR

Why? Because you simply have more energy to do things, your mind is clear, you know what to do, when to do. You are not dying to digest the previous meal, you use all this available energy on your goals, and actions you want to perform, specially on your work.

To eat the right amount of food is also important. Remember that overeating is Rajasik. One should stop eating a little before getting satisfied. Leaving $\frac{1}{4}$ of the stomach free, for the digestion movements and release gases. So to eat the right food and at the right amount is a powerful way to keep your energy levels up high. But also one of the most difficult because in here you would have to deal with the desire control and habit breaking. But once you see the results and try it on yourself, you will know what I mean but more energy and clarity of mind. Try to finish your supper as early as possible preferably before 7pm in a normal routine.

A healthy Gap is also given from 3-4 hours of interval between your last meal, according to yoga your food need to be digested before you go to the next meal. In here you begin to be aware of the food nutrients and how your digestion and excretion gets impacted by what you eat, as well as your overall energy levels. How much do you eat?

Fix up the timings for your meals religiously (Try, this will prevent you to get irritated just because u are hungry or thirsty)

Set the right amount of water during the day, ideally 8-10 glasses of water a day

How to eat?

In ashrams you learn to pray before your meals, to bless the nutrients that your body will absorb and will make your cells healthy, you thank also the entire chain that got that food in front of you. Starting from earth, sun, rain, farmers, grocery shops, delivery boy, your mom, your mother in law, you name it.

By praying naturally, you calm yourself down and prepare your state of mind to appreciate and absorb as much as you need from that food. This is one of the ways that I found to break my eating disorder. Once the beauty of eating with awareness and being present came to me, and once I started practicing it changed a lot of things gradually one meal at a time. So one should be relaxed, appreciate the food, chew well and avoid speaking your meals. In case you are with other people that are unaware of this powerful moment, speak to them but avoid harsh topics, stick to pleasant ones. And be 100% more aware of your meal. Because you might get distracted and carried away and eating more or other options which you wouldn't go for if you were by yourself. But it's ok. This just takes a little practice and you will be fine.



VIHAR



- Recreation: Find this that by moving your body will bring you joy and get you out of the pressure. He is simply to have fun and enjoy the activity. The filter is to choose activities or hobbies. Things that you love to do, of course, but Active hobbies. Brain Active in a way where you need to focus your attention to solve that challenge (games for example), if you have friends around even better. Playing an instrument, singing, dancing, travelling, gardening, cooking, playing basketball, ball dance. Find what recreates you and what engross you completely. Here there is no pressure it's all about fun.
- Rest: Make sure you give your body proper and effective quality rest time. Besides, your good hours of sleep according to your cardiac cycle, conscious relaxations techniques in yoga will help you during the day to regain lost energy levels and improve focus and concentration and kick miles away fatigue. The techniques are; Savasana, Dhadrasana, Makrasana will help u a lot. So when you think you are on your phone or on Netflix on the sofa, you are not giving your body the required rest it needs. Your mind also needs to rest, remember. Do it for 15-20 minutes and get back to your work. If u get a chance do it at least twice a day or when your body tells you is required.

Remind yourself to do less things but which more quality. And here is where you begin the long journey of learning how to say no to others and say yes to yourself.



VIHAR



- Relationships

How are your relationships? It's said that the quality of your life depends a lot on the quality of your relationships. We know that relationships sometimes are not easy, and maybe we think it would be better to be a lot, really? Obviously we need our time alone to contemplate and meditate we must seek and separate daily time for this.

If we look from the spiritual point of view, the relationships around us are truly mirrors to ourselves. To what we need to work on and develop. Everyone is a teacher. Are the relationships good for you? Make you move forward? Are they making you happy? What is in your control to make this relationship better? In case you have developed and worked on yourself enough to understand you have done what you could you should take the actions required to protect yourself from a toxic environment. Remember your well being is your first duty. Then you will be stronger, with the "glass full" and able to help others.



VICHAR



Vichar – Thinking or Thought Process

“In your head you can create heaven and hell”

What we think we recreate in the world. Being aware of our thoughts and learning to apply positive psychology according to a few tools , this will help you to remain positive and kick away the disturbances of the mind.

Exercise: -

Write/Count your blessings every morning – count all the things you are grateful for to start your day.

10 positive notes about yourself

Pratipaksha Bhavana – to any negative thought find a equivalent positive thought

Anitya Bhavana – Be aware of the impermanence of things: what is there in the morning is not there in the afternoon, what is there in the afternoon is not there in the evening



Faith – Ishawara pranidhana-

it's important that someone develops faith in a superior power a practice and a sense of feeling that we are being taken care of. You choose the form , the name you would give to this higher power. As long as you feel the bliss and the connection that is the closest I have experienced to pure love and bliss.



VICHAR

Meditation – your daily 5-15-30-40 min of meditation. Of sitting quiet in a comfortable position plays an essential role on your positive thinking. It's the main step. If one develop attention to one's self study and dedicate time and space for meditation you will be in touch and synchronised to the almighty, you will become more aware of your feelings and emotions, you will have clarity of might, focus, Improved concentration, success and progress will surely be a consequence. As long as you do it. As long as you practice.



Attitudes you take toward life Bhavas : Aishwarya Bhava, Vairagya Bhava, Dharma Bhava, Jnana Bhava



Visit holy places, be in touch with nature as much as you can. This remind you of your existence among all the 5 elements of life.

Read scriptures, holy books, good reads, watch positive and happy movies, plays

Listen to happy and positive songs / lyrics

Surround yourself to positive people and focused people who would help u on your path but also understand their own space don't just be a energy "sucker" see how you can contribute positively to that relationship so both can grow.



GOLDEN RULES

Few golden rules of a yoga practice

- Use comfortable clothes
- Arrive on time or before even better, in case you arrive late, place your mat carefully, without sound, be mindful about the others, you might disrupt their attention from their practice.
- We open and aware that your space is your mat so be flexible in case the class is full. You are in a yoga class to find balance and to open space inside yourself. So be present and dive into your own practice.
- Don't compare yourself to other's: this is not a competition. This is about a journey of self-discovery.
- No talking on the class, no jokes. There might be people going to heal deep emotional wounds, and there are people that just want to enjoy the class and not socialize. Respect that.
- Try to remain in mauna – silence- you learn a lot from yourself and all around you. Specially after a good session.
- Avoid caffeine or any stimulant before the class – and try to cut that out eventually from your routine. It shouldn't be something you depend on. You are learning self-reliance and taking control back of yourself.
- Breathe – Breath life, allow the breath to tame down your restless mind and synchronize the breath to your practice. It plays a huge role on the quality of your practice, the evolution and the benefits out of the practice.
- Avoid socks and spectacles
- Listen and analyse the pain if any. Respect your body above anything else. Don't harm yourself. Follow your Pace. The practice is supposed to give u energy and health.
- Bring your mat and respect it. It will be your personal holy space. You will find out a lot of things in this relation. And improve as a person so it deserves good respect.
- Avoid drinking water during the practice
- Remember to adapt. There is a space for everyone.
- Eat light things 30 minutes -1 hour prior if you are hungry. Nuts, fruits would be ideal. Don't overeat, keep it light, keep it cool.
- Enjoy the sweat, sweat is one of the ways after excretion, and urine, that our body finds a way to detox. Let it all out. In case you want to carry a small towel, for the intense practices and wipe off during the balancing and upside down asanas just for security. Go ahead.
- Be kind, be gentle and open yourself to the practice
- In case you are sick, with cold or flu or anything viral avoid coming to class to protect others.
- Hey ... Ho... Let's go?



HEY ... Ho... Let's go?

Hope you had a good read, wish you all a beautiful yoga journey and your spiritual life development. THROUGH Yoga develop and create that awareness inside out. Now you begin to know how. May Yoga be with you wherever you go, do your duty. That's what the gurus always tell us.



Om
shanti

Yours in Yoga
AAGATHA

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