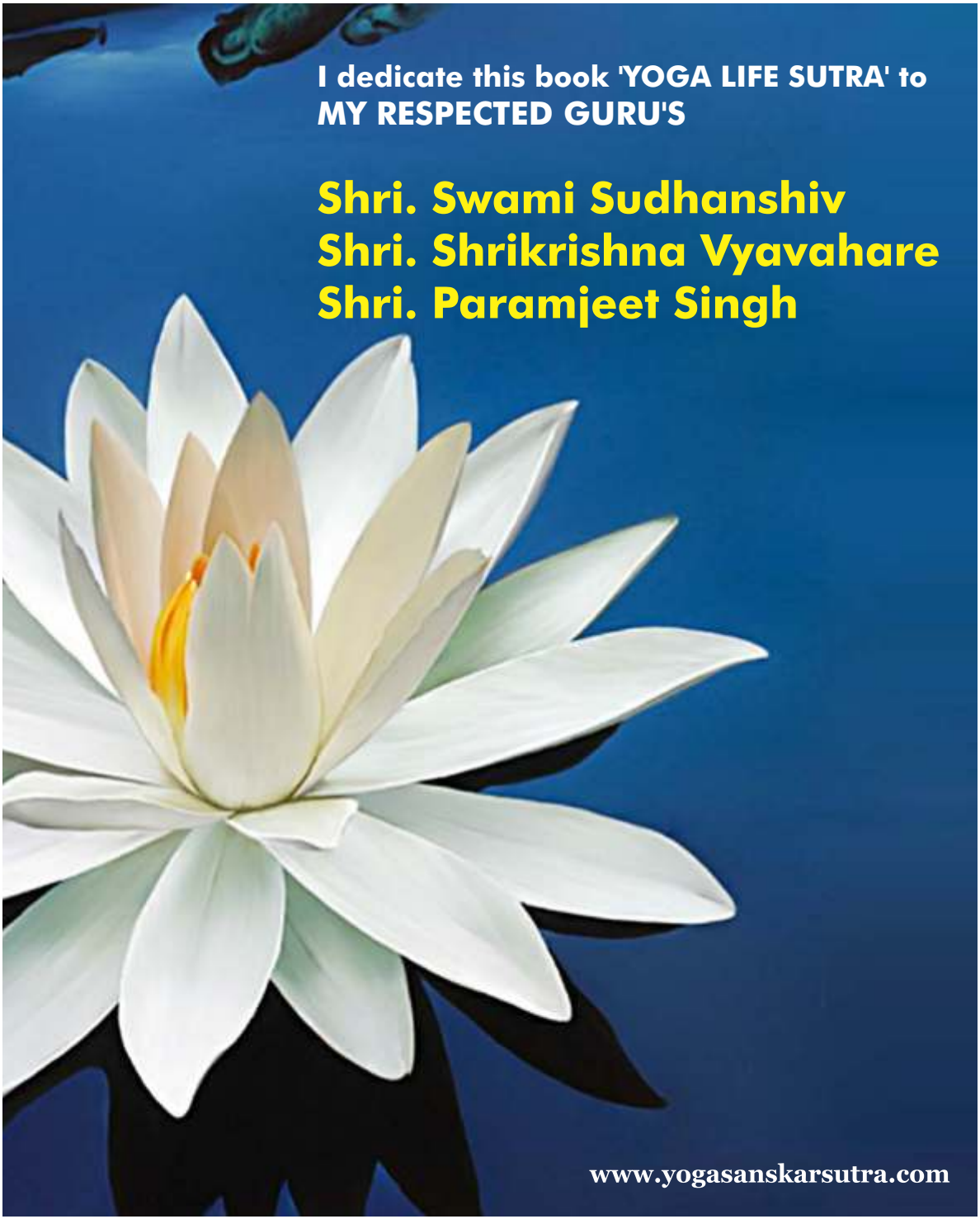
A complete yoga and fitness book



YOGA-
LIFE SUTRA

a journey towards wellness

- Girish V. Kadam


I dedicate this book 'YOGA LIFE SUTRA' to
MY RESPECTED GURU'S
Shri. Swami Sudhanshiv
Shri. Shrikrishna Vyavahare
Shri. Paramjeet Singh
www.yogasanskarsutra.com

A complete yoga and fitness book

YOGA-
LIFE SUTRA

a journey towards wellness

- Girish V. Kadam

yoga life sutra

Author	:	Girish Vasant Kadam
Cover Design	:	Oyster-Branding, Communication and Design.
Book Design	:	Prasad Dilip Gadewar
Photography	:	Sanket Ray
Demonstrators	:	Poonam Surve, Srishti Mazumdar, Nisha Koiri.
Edited by	:	Nisha Koiri, Shirley Gill

Copyright © Girish V. Kadam 2012

All rights reserved

No part of this publication may be reproduced, stored in a retrieval system or transmitted in any Form or by any means, electronic, mechanical, photocopying, recording or otherwise, without the prior written permission of the copyright holder.

DISCLAIMER

All the information presented in the book yoga life sutra – Journey towards Wellness is for making aware about health related fitness and diet issues. It is a way to share my opinion and knowledge with my readers.

This is NOT a substitute for any advice given to you by your physician. Always consult your Physician/Dietician or health care provider before beginning any nutrition treatment. Use of the programmes, advice and information contained in this book is at the sole discretion and risk of the reader.

Neither the Publisher nor the Author is responsible for the way information in the book is perceived or utilises.

ISBN 978-935-087-535-3

yoga life sutra

index

SUTRA TO KNOW YOURSELF.....1

BODY MASS INDEX.....4

TARGET HEART RATE.....5

HAPPINESS.....7

SUTRA OF PRECAUTION.....11

WOMEN.....14

SUTRA OF JOINT RELAXING EXERCISES.....17

BE SOCIAL WITH CARE.....22

SUTRA OF YOGASANA AND PRANAYAMA.....25

EXERCISE MANIA.....53

SUTRA OF SURYANAMASKAR.....56

LIFE IS A LIFE.....60

SUTRA OF RUNNING.....64

BE A CHILD.....68

SUTRA OF WORKOUT.....72

FOODIE.....76

SUTRA OF ABDOMINAL EXERCISES.....79

SUTRA OF STRETCHING EXERCISES.....84

YOGSADHANA IN PROGRESS.....93

SUTRA OF WEIGHT LOSS PLAN.....103

preface

Lord Buddha was once asked what he gained through Meditation. He replied "nothing at all." However, he also said," Let me tell you what I lost: I lost Anger, Depression, Hatred, Impatience and Fear of Death."

Today you will see that health awareness has started to increase in our country. Inspite of this do the people have time for exercise in the midst of a highly busy life? No, people want easy to do workouts at office or home.

In this book through YOGA LIFE SUTRA I have tried to explain Yogasadhana in very simple words. This will not only make us physically, emotionally, mentally and spiritually strong but also give us total relaxation in this busy life.

YOGA LIFE SUTRA will bring you face to face once again with little facts which you already knew but have forgotten.

I have made an attempt to give you, besides yoga, jogging, workouts, abdominal exercises, stretching etc. I have demonstrated how to do these exercises at home.

Besides all the sutras I have linked diet sutra which our ancestors have gifted us. These diet sutras are nothing but simple every day food, which unfortunately we have forgotten.

In the last Sutra I have included a weight loss workout plan.

These are the facts which make this book different from others in the same category.

Have a long healthy Life through YOGA LIFE SUTRA a journey towards wellness.

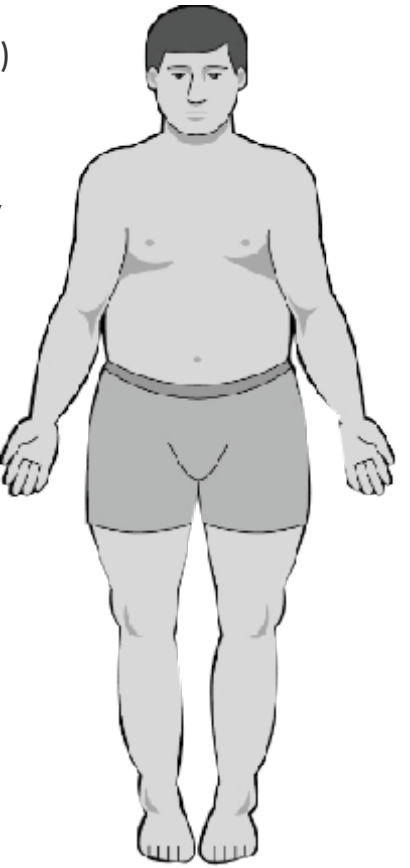
sutra to know yourself

BODY TYPE CLASSIFICATION

Normally there are three types of body builts.

This will help you to understand in which category you stand.

1. Fat Body Built (The Endomorph)

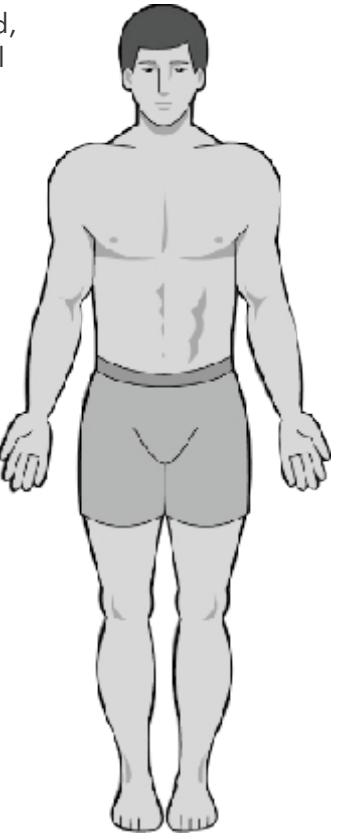


In this type a person's fat percentage is greater than his muscle mass. He has a pear shaped body. Neck is thick, broad, short and small. Shoulders are small, waist is thick, hips are wide and the distance in two legs is less. So while walking legs brush against each other. An endomorphic individual typically has short arms and legs and a large amount of mass on their frame. Their mass hampers their ability to compete in sports requiring high levels of agility or speed and perform sustained weight bearing aerobic activities such as running. Sports of pure strength, like power lifting, are perfect for an endomorph. They can gain weight easily and lose condition quickly if training stops.

KULU NASPATI	Helps In
Raw Naspati	Acute digestive disorder
Raw Naspati	Any mouth wash or remedy for bad breath
Oil of Naspati	Psoriasis

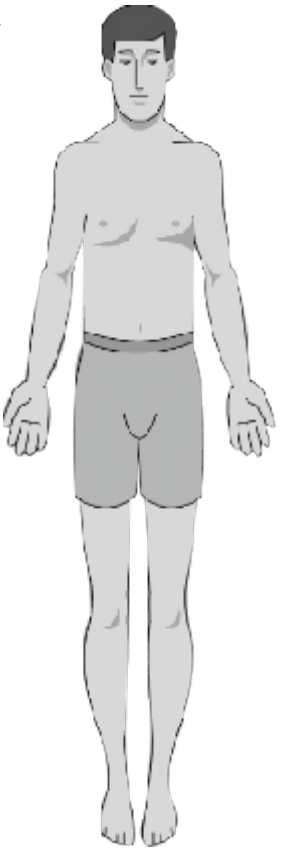
2. Sporty built (The Mesomarph):

In this type a person's shoulders are broad, chest is broad and the lower body is small as compares to the upper body. The body is in shape and is like 'V' shape. Narrow from front to back rather than side to side, muscled arms and legs, with a cubical head and a minimum amount of fat percentage. A mesomorphic individual excels in strength, agility, and speed. Their medium structure and height, along with their tendency to gain muscle and strength easily makes them a strong candidate for a top athlete in any sport. They can sustain low body fat levels and find it easy to lose and gain weight.



BOTTLE GOURD	**Helps In**
One glass of plain juice with a pinch of salt everyday.	Excessive thirst due to severe diarrhea, diabetes and excessive use of fatty or fried food.
Mixture of juice and sesame oil if massaged over scalp every night	Treatment of insomnia.

3. Slim built (The Ectomorph)



A predominantly Ectomorph individual is long, slender and thin and therefore power and strength sports are perhaps not suitable as their slight build leaves them susceptible to injuries. While they can easily get lean and hard, their lack of musculature severely limits their chances in sports requiring mass. Ectomorph individuals dominate endurance sports and gymnastics. They can archive low levels of body fat which can be detrimental to health and for females in endurance sports it can result in a cessation of periods and iron deficiency. In this type as the name suggests the person looks slim. The fat percentage in the body is less. Neck is long. The main body and organs are also long. Chest and shoulders are less broad and spread out. Joints are small and muscles are elongated. Head is large and jaw is elongated.

Once you understand about our body type then you can understand about which type of exercise should be selected by you.

Most of the time's many people do not understand the necessity of reducing their body weight.

CARROT	**Helps In**
Chewing carrot	Kill all the harmful germs in the mouth
Regular carrot or juice	Gastric ulcer and other digestive disorders.
Carrot juice combined with spinach and lemon juice	Constipation.
The carrot soup	Naturally beneficial in diarrhea
Grated carrot every morning	Clear thread worms.

yoga life sutra

body mass index

Body Mass Index help you to understand, your body weight is less, more or perfect. We understand, are we in healthy weight group or not.

$$BMI = \frac{\text{Weight (kg)}}{\text{Height}^2 \text{ (meters)}}$$

In this way we not only understand our body type but also understand if we have to reduce, increase our weight or have to maintain it.

If your answer is:

Less than 18.5 then you need to increase your weight because you are under weight.

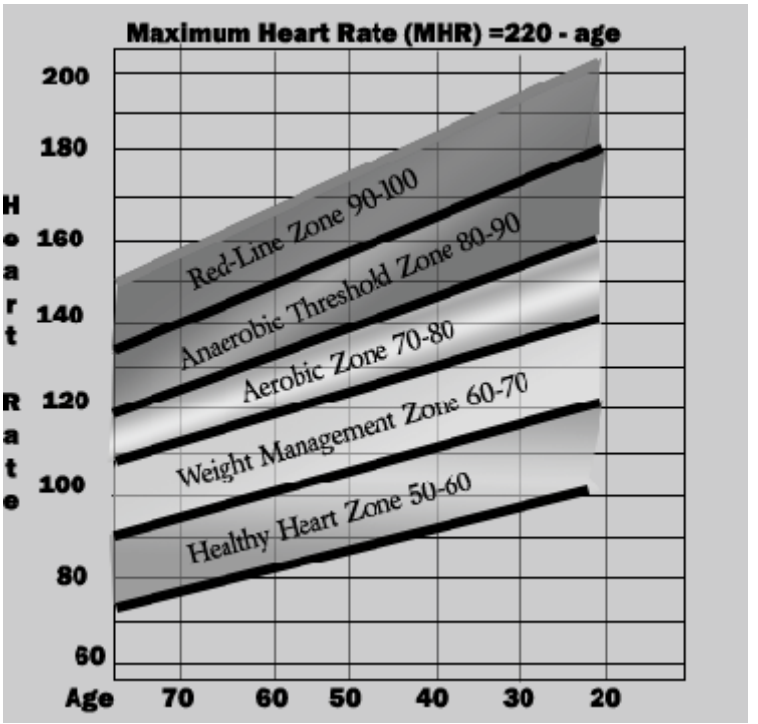
18.5 to 24.9 then this weight is accurate. So you need to maintain this weight.

If between 25 and 29.9 then you are overweight and you should understand that you need to exercise more, reduce your calorie intake and thus reduce the weight.

Greater than 30 then you are really very overweight. If you are negligent towards your weight you will have to face many health problems.

target heart rate

Your Target Heart Rate is simply an estimate of your Maximum Heart Rate (MHR) for different activity based on your age. It is a little bit like BMI (Body Mass Index) in that it is an estimate and it is going to be slightly different for everyone. It is important that everyone must know their TARGET HEART RATE while working out.



Healthy Heart Zone

This zone is 50 to 60% of your maximum heart rate. This is an easy and comfortable zone to exercise in. You will be able to carry on a full conversation in this zone, although you may be breathing a little heavier than usual.

Weight Management Zone
This zone is from 60 to 70% of your maximum heart rate. You will be breathing heavier but will still be able to speak in short sentences.

Aerobic Zone
This zone is from 70-80% of your maximum heart rate. You will be breathing very hard and able only to speak in short phrases. This is the zone to aim for when training for endurance. Aiming for 20 to 60 minutes in this zone is believed to give the best fitness training benefits.

Anaerobic Zone
This zone is 80 to 90% of your maximum heart rate. You will be unable to speak except a single, gasped word at a time. This intense exercise will improve the amount of oxygen you can consume. This exertion level takes you to the limit where your body begins to produce lactic acid. Workouts in this heart rate zone should be in the 10 to 20 minute range, or part of an interval training workout. You burn more calories per minute than with the lower heart rate workouts, as you are covering more distance per minute.

Red Line Zone
The top zone is from 90 to 100% of your maximum heart rate. You can't go any higher, and most people can't stay in this zone for more than a few minutes. You will be unable to speak except for gasping single words. This zone should only be used for short bursts during interval training, where you work intensely for a minute and then drop back down to a lower intensity for several minutes, and repeat. Wear a heart rate monitor to measure your target heart rate.

ANJEER(FIG)	**Helps In**
Two or three dried anjeer should be soaked in cold water in a glass of enamelware for the whole night and taken in the morning.	Piles.
Raw anjeer	Asthma.
Milk juice of green anjeer	Soften corns of a long duration.

happiness

"When I went to school, they asked me what I wanted to be when I grow up. I wrote down HAPPY. They told me I didn't understand the assignment, I told them they didn't understand LIFE" a famous quote by John Winston Lennon.

Who in this world can claim that they are happy? Is the happy looking person actually happy from inside?
Can you define happiness? This is the most difficult question to answer; to get this happiness mankind is struggling day after day, year after year. However somehow his needs are never met. The quest for happiness never ends.

I would like to share an eye opening incident. One 24 year old boy was travelling in a train with his old father and was looking out of the train. His father was whispering in his ears and he suddenly shouted, "Dad, the trees are really going behind!" Dad smiled and everyone sitting nearby, looked at the 24 year old's childish behavior with pity; suddenly he exclaimed…," Dad, the clouds are running with us!" Few people couldn't resist and said to the old man, "Why don't you take your son to a good doctor?" The old man smiled and said …," My son is blind from birth; I am explaining everything to him. Even though he is not able to see through his eyes, he is trying to feel through his heart and enjoying the beauty of nature."

I just want to mention here that blind person who doesn't have eyesight, if he can value everything around him. On the other hand people who can see everything from birth behave like a blind person. In their chase to acquire artificial beauty and happiness, forget to enjoy the natural beauty and happiness around them.

What I am trying to say here is that man is so busy today chasing money, which he thinks will make him happy, but when the time to enjoy all that he has made comes after retirement , most of the time his health does not allow him to do so. If we go back in the past, nobody had a watch but everyone had time. Now everyone has a watch but nobody has time.

Happiness

There are some born rich with a golden spoon in their mouth. This group is struggling to increase their wealth. So in the end if you have the best lawn in your house but if you have never played with your children on it or had tea or coffee with your wife on it, what good is that lawn for you?

You may have the most expensive bed but do not get proper sleep, what good is that bed for you. King Solomon who was once the richest man in the world said before dying," All my wealth and money could not buy me one thing that is - good sleep". This shows that most of the things we desire are expensive, but the truth is, the things that really satisfy us are free: joy, laughter, love, good health and good relations.

Some people try to find happiness in richness. What is Richness? True answer given by Swami Vivekananda," Richness is not earning more, spending more or saving more. Richness is when you need NO MORE."
According to a few people earning money and giving happiness to family is their way to express love towards family. However someone said very correctly about love, what is love? When a little girl puts her energy to give her Dad a kiss, when a wife makes tea for her husband and takes a sip before him, when a mother gives her son the best piece of cake, when your friend holds your hand tightly on a slippery road, when your brother/ sister messages you and asks if you reached on time; that's love.
There is also a myth in India about the Kasturi Deer, which gives out a lovely perfume through its body but the Kasturi Deer does not know where the source of the perfume is from. So the deer keeps running around and chasing in the jungle trying to find out the source of this perfume.

Mankind also keeps chasing here and there trying to find happiness; least realizing that happiness is within him by having good health.

No amount of money can buy you good health. Best moments of HAPPINESS one can get in life from small gestures ; a smile from a stranger when you are lost in a crowd, an old friend calling from a distant land just to say I MISS YOU, the touch of mothers hand on your forehead when you are

unable to sleep, a friend asking what's wrong when you thought no one noticed, a hand on your shoulder when it feels like the world is against you, an unexpected but badly needed hug from the one you love the most, giving your first salary to your parents, thinking of your love with tears, looking at old photos and smiling, a sweet and emotional chat with friends, holding hands with your loved ones during an evening walk, first kiss to child when he/ she is born, the moment when eyes are filled with tears, after a big laugh, etc. These small things give moments of happiness, which remove the stress and tension from life and help to achieve a healthy life.

According to me if you actually want to be happy, do not be happy for a particular reason, because that happiness ends when reason ends. Be happy without any reason and you will be happy in every moment.

To get happiness through a healthy life, YOGA says KEEP YOUR AHAR (FOOD), VIHAR (EXERCISE) AND VISHRANTI (RELAXATION) perfect.

AHAR (food) you should have at the right time, not very cold and eat within your limits, when under stress avoid food.

VISHRANTI (relaxation) is very important. Good and sound sleep of 6 to 7 hours is necessary to relax you.

VIHAR (exercise) means compulsory exercise for body, mind and soul. To create co-ordination in these three things YOGABHYAS is very important.

YOGA is for all, age is no factor for the youngest or the oldest.
In YOGA very less energy of ours is spent but maximum results are achieved.
Our flexibility and immunity increases.

PRANAYAMA gives us control over breathing along with which our breathing capacity increases.

Besides good health, YOGA will give you a healthy family life and social life.

Happiness

I would like to mention one quote of Swami Vivekananda – "Talk to yourself atleast once a day, otherwise you may miss a meeting with an Excellent Person in this World".

APPLE	Helps In
Freshly prepared apple juice	Anemia
Raw apple	Constipation
Cooked or baked	Diarrhea
Ripe and sweet Apple should be crushed into pulp and take	Dysentery
Mushed apple, mixed with honey and sprinkled with sesame seeds	Constitute an excellent stomach tonic and an appetizer
A ripe apple, After removing the upper rind and the inner hand portion should be taken with a little salt every morning on empty stomach	Headache
Raw Apple	High blood pressure & Kidney stone
Apple boiled to jelly form	Rheumatic pains
Sweet Apples	Dry cough
Eat apple daily	Tooth decay can be prevented
The over ripe apple	Are useful as a poultice for sore eyes
Regular consumption with milk	Promote health, youthfulness, glowing skin and build health.

sutra of precaution

The study of yogasanas and pranayama should be started only after keeping in mind some things about yogasanas and pranayama.

Yoga can be practiced early morning or in the evening. If these timings are not suitable, practice any suitable time of the day but a gap of minimum 3 hours should be kept after lunch. After breakfast or brunch keep a minimum 2 hours gap.

The Asana which you are using for practice must be clean. A blanket, mat, carpet or yoga mat can be used as asana for practicing yoga.

For yoga, little space is required. The, place must have be well ventilated, clean, quiet and the atmosphere around you should be pleasant, pure and relaxing.

For practicing yoga, the clothes play an important role. Clothes must be worn according to season, with respect to the social customs and comfortable for performing Aasanas.

Yoga must be practiced after taking a bath because it gives the feeling of cleanliness and freshness which helps to achieve calmness of mind and concentration.

The study of yoga should always be done under the guidance of an expert. Study of yoga should not be done only by reading books.

While doing yogasanas and pranayama one should do according to his own capacity. Never be in a hurry nor try to do it in fast motion. In every asana, its final stage should be stable and pleasurable so that you can acquire happiness and pleasure by its study. In the final stage, concentrate on your breathing. Aasanas should be done in 5 steps – original position, proceeding, final stage, coming back and original position. Each step in the asana should be performed slowly. In the final position concentrate on the breath, keep a smile on the face and the part of the body which is not in use in a particular asana should be kept relaxed.

While practicing yogasanas don't compare yourself with others. Don't try to compel yourself to do what others are doing. Try to do whatever is in your capacity under the guidance of an expert. Don't compete with others because if you compete you may do a particular act in haste which can cause injury.

Sutra Of Precaution

After practicing yoga, you must feel fresh, pleasant and energized. If you are feeling exhausted, take rest for sometime in Shavasana.

While attempting to reach the final stage of asana, try to do each and every movement slowly and smoothly, perform within your own capacity.

If your yoga practice gives you feeling of lightness in body, increase in energy, feeling of calmness and freshness, no feeling of fatigue or exhaustion, that means you are doing your yoga practice correctly and you are getting all the benefits.

Any person can perform or practice any asana or pranayama. But in case of any physical problems perform only suggested yoga practices. Avoid or do not practice those asanas or pranayama which are not suggested by experts.

Slowly and gradually increase the timings of the asana. Do not practice lots of asana on the first day.
In pranayama always breathe in and out through the nostrils except Shitali and Sitkari pranayama where you breathe in through your mouth. Always breathe in and out slowly.

For the practice of pranayama the best suggested postures are Padmasana, Siddhasana or Vajrasana.

If someone is finding difficulty in sitting in these postures, they can perform pranayama in any other postures which will allow them to sit steadily in an erect posture.

In the initial stage of pranayama one should practice puraka (breathe in) and rechaka (breathe out) with the ratio of 1:2, that means timing of breathing out should be double than the time of breathing in.

Pranayama means pran + ayam. Pran stands for breath and ayam means to extend the capacity to puraka (breathe in), rechaka (breathe out) and kumbhaka (retention of breath).

Try to keep your face relaxed; do not create any stress or strain on your face.

Keep the neck, chest and spine in relaxed and erect in natural posture. Avoid unnecessary body movements.

According to Ashtanga Yoga one should practice asana before pranayama.

During the period of menstrual cycle women should avoid yoga practices.

For getting certain and striking benefits of yoga one should practice it regularly and with patience.

Never hold your breath unnecessarily and always maintain a smile on your face.

HONEY	**Helps In**
A cup of honey can be held under the nose of an asthmatic patient or can be consumed with milk or water	Make breathing easier and deeper and is also highly beneficial in the treatment of lung diseases.
Honey applied externally	Treatment of wounds and sores.
Gargling with honey	Treatment of irritating coughs
Two teaspoonfuls mixed in a big glass of water taken before going to bed.	Effective in bringing sound sleep.
Honey applied daily over teeth and gums.	Oral diseases.
Honey applied daily in the eyes.	Improves eye sight and is an excellent remedy for various eye ailments.
Daily consumption of Honey	Maintain the health of the stomach.
Two to three teaspoons of honey in a cup of boiling water, taken while warm	It provides energy and heat to the body in old age.

WOMEN

A woman has the most important place in a family.

As the saying goes that, if the women of the house is educated automatically the whole family is educated. You can add to this if the lady of the house is healthy the entire family will remain healthy.

As someone has very lovingly said about one of the most respected, loveable and special woman in everyone's life that is MOTHER. Why is mother so special to me?

When I came drenched from the rain, my brother asked," Why didn't you take an umbrella?" Sister advised," Why didn't you wait till the rain stopped? "Papa angrily warned," After getting cold you will realize. "But mother while drying my hair said," Stupid rain! Couldn't you wait till my child came home?"

That's mother.

However we tend to forget the problems women are facing. While serving for family, women ignore their own fitness and health.
There are 2 types of women especially in cities today, the working women and the house wives.

The house wives have their share of work cut out for them and their day starts early in the morning with the routine of taking care of children, in laws, etc. Cooking and cleaning has to be from time to time. By the time the day ends for a house wife it is very late and she is exhausted.

If you were to ask a working woman, if her work is less taxing than a housewife, she would disagree saying office work is more tiring than house work.

The working woman also has her own share of responsibilities towards her office and home. Besides she has to travel to office and also manage the house.

Thus whatever role women are playing, role of house wife or working woman, she is full time working, where she plays the role of a loving mom, wife, sister and daughter in law, in which she works as a nurse, maid, teacher, cook, and counselor for her family day and night, without any complaint and expectations.

So the conclusion is, be it a house wife or a working woman both are over exerted, stressed and vulnerable towards losing good health.

The other most important responsibility that a woman has, is to bear a child which once again takes a toll on her health and of course after delivery her body tends to lose shape.

Yes, there are many women who realize this and keep themselves fit with exercise at all the times and special exercises after childbirth. However many a times a woman is so busy taking care of her family that she neglects herself by not eating, exercising and sleeping well which leads to illness, poor health, and the family that you were taking care for so sincerely, now starts to suffer.

So my advice to such women is if you want to keep your family happy you have to keep yourself fit and happy first, to enable you to take care of others.

I would like to mention one quote "A woman is the most beautiful part of God's creation. She starts compromising at a very tender age. She sacrifices her chocolate for her brother. Later she sacrifices her love for just a smile on her parents face. She sacrifices her full youth for her husband and children without any complaint. Finally her life ends up only by compromising for others happiness. She is that creature of God who no one can replace."

So all must try to understand what she has sacrificed for you. We must give respect to every girl/ woman in our life. All Women must try to understand that if she wants to serve her family for a long time she will have to give first preference to her own health. So you must try to understand the importance of your own fitness and start as soon as possible, your journey towards wellness.

Women

Once again I would like to say it is never late. Take the help of YOGA and also plan out a strict diet for your family and yourself. This will ultimately make you and your family happy.

Besides, YOGA will help you improve your immune system and also teach you to handle day to day stress. A word of caution for beginners that initially YOGA can be very difficult and tiring but as the strength starts to pour back in your body you will start enjoying it.

So, make a commitment to yourself today that no matter what , exercise will be my priority as then only the most important part of my life i.e. my family will be happy. Many times in life realization is late because it comes after we lose something most important i.e. Our Health. So let us all take action NOW.

BANANA	**Helps In**
Bananas	Both in constipation and diarrhea
Mashed banana with a little salt	Dysentery
Ripe bananas are high in iron	Anemia
Raw Bananas	Skin rashes or digestive disorder or asthma
8 to 9 bananas a day diet	Kidney disorder.
A diet consisting of bananas and skimmed milk	Weight reduction.
Bananas immersed in water at night and taken after making them into fine syrup the next morning.	Constipation.

sutra of joint relaxing exercises

Sit on the floor. Raise your hands, parallel to your shoulder, in front of your chest. Stretch your fingers and arms. Then close your fist and squeeze your fingers. Repeat this 10 times.




Close your fist. Rotate your fist from your wrist joint 10 times clock wise and 10 times anti clock wise.




Stretch your palm in front of your chest, parallel to your shoulders, palms facing upward. Bend your arms from your elbows. Touch your finger to your shoulders. Then take your arms back to normal position. Repeat this 10 times.




Sutra Of Joint Relaxing Exercises

Bend elbows and keep fingers on your shoulders. Slowly rotate your shoulders clock wise and anti clock wise. While rotating touch your elbows to each other. Repeat this 10 times.




Turn your neck to your left side and to your right side. Repeat this 10 times




Lift your chin upward. Bend your neck down and touch chin to your chest. Repeat this 10 times.




Rotate your neck clock wise and anti clock wise in circular movement 10 times.Bend your neck to left side and touch ear to your shoulder. Same way bend your neck to right side and touch ear to your shoulder. Repeat this 10 times.

Slowly twist your upper body towards your left and same way on your right side. Repeat this 10 times.




Slowly squeeze toes and stretch them back. Repeat this 10 times.




Stretch your toes and heels of your both the legs. Repeat this 10 times.




Rotate your feet from ankle joint clock wise and anti clock wise. Repeat this 10 times.




Sutra Of Joint Relaxing Exercises

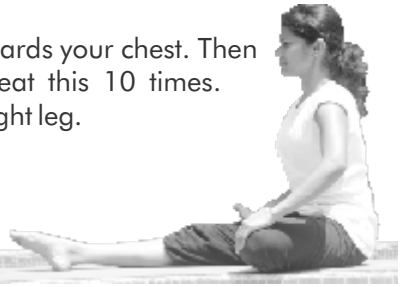


Bend your right leg at your knee. Knee will be facing upward. Hold your knee. Pull it towards your chest. Release your knee and make it straight. Repeat this 10 times. Same way repeat with your left leg.





Hold your left knee and Pull towards your chest. Then push towards the floor. Repeat this 10 times. Same way repeat with your right leg.





Hold your left leg and slowly swing, left and right. Repeat this 10 times .In the same way repeat with the right leg.



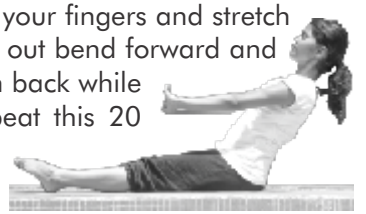


Keep both the legs joined together. Raise both the hands. While breathing out bend down and stretch forwards. Perform rowing action and return back. Repeat this 20 times.



Keep both the legs joined together. Interlock your fingers and stretch your arms. While breathing out bend forward and touch your feet and return back while breathing in. Repeat this 20 times.





Spread both the legs. Interlock your fingers. Stretch your body and rotate from right to left in a circular movement and then repeat the same from left to right. Repeat this 20 times each.





KHAJUR (DATE)	**Helps In**
Drinking water in which fresh dates have been soaked or mashed	Excellent remedy for alcoholic intoxication.
A handful of dates soaked in fresh goats milk overnight should be ground in the same milk in the morning	Sex stamina and sterility due to functional disorders
A teaspoonful of paste of the khajur prepared with honey.	Diarrhea and dysentery during teething of children
Taken either fresh or dried	This facilitates easy evacuation of stools and keeps the alimentary canal clean thus helping in constipation

be social with care

"Man is by nature a social animal; an individual, who is unsocial naturally, is either beneath our notice or more than human. Society is something that precedes the individual. Anyone who either cannot lead the common life or is so self-sufficient that he has no need to, and therefore one who does not partake of society, is either a beast or " God" by Aristotle.

When a group of people come together, it becomes a Society, no matter for which purpose. Every individual is a part of society. No wonder, human being is called a Social Animal.

Mankind loves to move and stay in groups and hates loneliness, which is very good most of the time but could be harmful also occasionally, depending on the situation.

If one is taking the help of another to achieve something it is good and also a sign of Unity, it is like many people in one body.

If the objective is to achieve a goal and all are putting their efforts towards the same, their focus is same and the objective is same, then it is good.

When the focus starts to shift from the main goal it can lead to many problems.

Yes, my dear friends, what I am trying to explain here is that many a times exercises -whether indoor or outdoor is done in groups and many times I have observed that unconsciously the focus of the group shifts from exercise to other things which are not relevant at that moment.

I have seen many such groups like women from the same colony going out for jogging, walking in the morning, all wearing expensive track suit and shoes and initially very serious about their exercise and going around their schedule very sincerely.

The danger in most cases is after a few days when the jogging and walking turns into gossip sessions like complaining about their mothers-in-law, neighbours, recipes etc.

It is very wrong to say that only women indulge in this. I have observed even men do this. The only difference is that their gossips are related to business and office.

What I am trying to explain here is that these people are definitely serious about their health for which they have made efforts to rise early in the morning, but lost focus after sometime.

There is one more group which goes to the gym and keeps gossiping!

I have come to the conclusion that there are 4 types of people who go out for exercise.

The first type is the one who very sincerely come to exercise, jog, walk etc. They stick to their schedule and do serious workouts.

The second type is the youth, most of them college going who meet for entertainment and time pass.

The third type is the group of women that I have mentioned earlier.

And the fourth type is the men who not only come to promote their business during this period but also make good contacts.

My objective in pointing out this was not to criticize people but to show the various traps that one can fall into in the name of exercise.

After all, time is very precious today and if you are able to spare some time for good health then we must stick to the schedule and concentrate on that alone.

Be Social With Care

Our body parts and organs convey a superb message regarding life. We have two eyes and one tongue, which mean we need to look twice and talk once.

We have two ears and one mouth, which mean we need to listen more than we talk.

We have two hands and one stomach, so we need to work twice as much as we eat.

We have two major brain parts, left and right and one heart, so we can think twice but love this one great life. Amazing how our body parts remind us how to live a healthy social life!

If we have set a time table for exercise then we should strictly follow that and forget the friends around us.

YOGA can help you concentrate and gain a healthy body, mind and soul.

GAUTAM BUDDHA said, "To enjoy good health, to bring true happiness to one's family, to bring peace to all, one must first discipline and control one's own mind. If a man can control his mind he can find the way to enlightenment, and all wisdom and virtue will naturally come to him." I want to suggest you here that when you are doing any form of exercise, you have to control yourself from getting diverted from your target of fitness.

As you, with the help of YOGA come out of the other distractions, you will automatically see that the exercises which were earlier painful are now enjoyable.

And all your mental, physical problems will start to disappear slowly. And this LIFE SUTRA will help you to achieve the same.

sutra of yogasana and pranayama

Padmasana



Sit on the floor, keep both the legs stretched forward. Slowly take your left foot and place it on the right thigh. Then take your right foot and place it on the left thigh. Keep your back in a natural position; Keep hands on your knees in Gyan Mudra. Close your eyes and concentrate on breathing. Hold this posture for sometime and return back to the normal position.

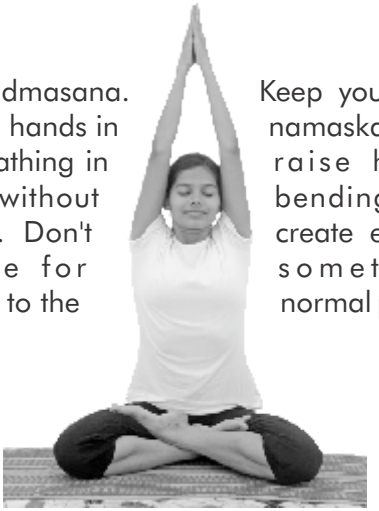
Yoga Mudra

Sit in Vajrasana; keep your back in a natural position. Slowly take your hands behind your back. Hold your left wrist with your right hand. Pull your elbow and shoulder behind, breathe in here. Slowly while breathing out bend forward and try to touch your forehead to the floor. Don't lift your hips from your feet. Hold this posture for sometime. Breathe normally then return back to the normal position.



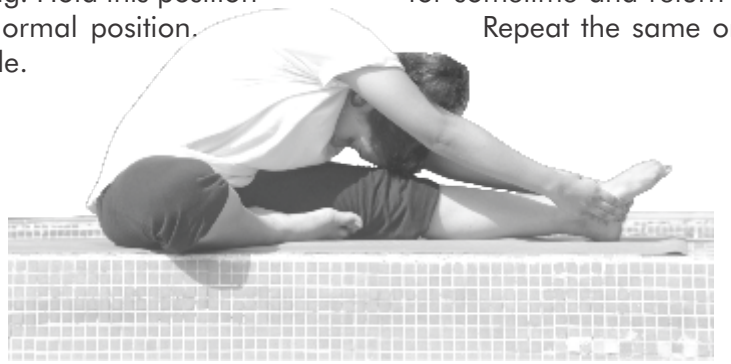
Parvatasana

Sit on the floor in Padmasana. Keep your back in natural position. Join both the hands in namaskar mudra in front of your chest. While breathing in raise hands upward. Stretch your arms without bending elbows. Touch biceps to your ears. Don't create excessive pressure. Hold this posture for sometime, breathe normally. Return back to the normal position.



Janushirasana

Sit on the floor. Keep your right leg straight, bend your left knee, and place the left heel near the right (thigh) groin. While breathing out bend down, hold right foot. Touch forehead to your knee. Concentrate on your breathing. Hold this position for sometime and return back to the normal position. Repeat the same on the other side.



Paschimottanasana

Sit on the floor; keep your legs straight and joined together. Keep both the hands on your knees or thighs. While breathing in raise arms upward. Breathe out and bend forward. Without bending knees hold your toe or foot. Try to do it in your own limitations, don't create excessive pressure. Hold this posture for sometime, breathe normally. Return back to the normal position.

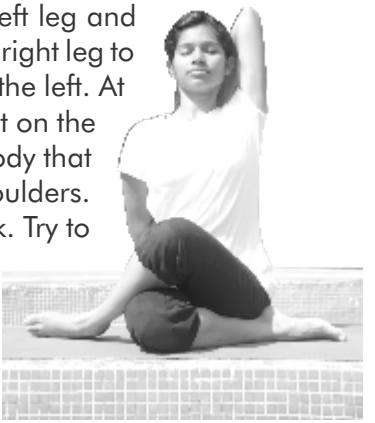


Parivritta Janushirasana

Sit on the floor, stretch out both the legs, bend left leg and bring left foot close to your right groin. Slowly breathe in and bend towards your stretched right leg. Try to hold the big toe/heel of your right leg with right hand. Rest elbow between your knee and shin. Slowly breathe out, twist to your left side and take hold of the right toe, with your left hand. Look upward hold for sometime and return back to the normal position. Repeat the same on the other side.



Gomukhasana



Sit on the floor; keep legs straight. Bend left leg and take foot close to your right hip. Cross your right leg to left, so that right knee is exactly in front of the left. At the same time, side of your foot should rest on the floor. Bend right arm so far behind your body that the palm of your hand reaches between shoulders. Same time take your left arm up from back. Try to grip the finger or wrist of your right hand, as you are breathing in. Hold this posture for sometime, breathe normally. Return back to the normal position. Change your leg and repeat the same.

Vakrasana



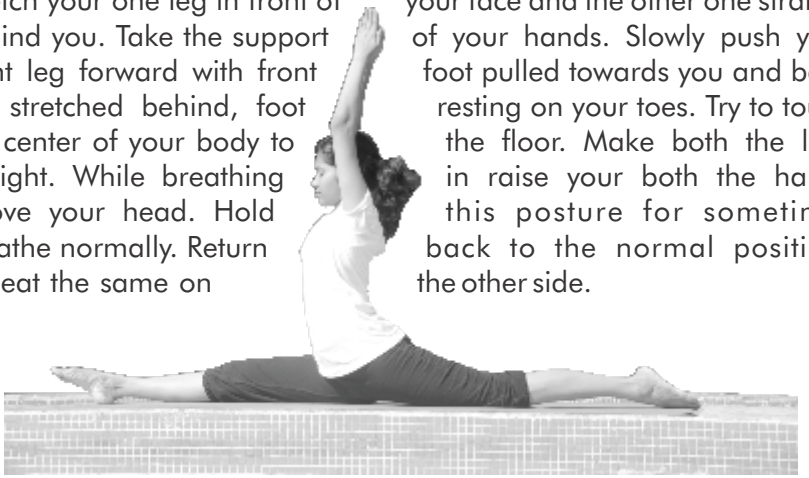
Sit on the floor, with both legs stretched out. Bend your left knee and place the left leg close to the right knee. Slowly press the left knee with the right arm and put the palm on the toe or floor. Twist your back, stretch out your left hand behind the back, place your palm on the floor. Keep your back erect, turn your neck and look behind. Close your eyes, concentrate on your breathing. Hold this position for sometime and return back to the normal position. Repeat this on the other side.

Ardha Matsyendrasana



Sit upright, keep your legs straight. Bend left leg and place foot against your right hip. Then bend right leg and cross over the left leg. Place your foot flat on the floor. Breathe in and stretch your back. Breathe out, place your right hand on your back, twist your back and right shoulder. Stretch left arm and touch your right toe. At the same time turn your neck, look behind. Hold this posture for sometime, breathe normally. Return back to the normal position. Repeat the same on the other side.

Hanumanasana



Stand straight, keep your legs together and hands on the side. Stretch your one leg in front of your face and the other one straight behind you. Take the support of your hands. Slowly push your front leg forward with front foot pulled towards you and back leg stretched behind, foot resting on your toes. Try to touch the center of your body to the floor. Make both the legs straight. While breathing in raise your both the hands above your head. Hold this posture for sometime, breathe normally. Return back to the normal position. Repeat the same on the other side.

Upvishta Konasana

Sit on the floor, keep both the legs straight. Slowly spread out your legs as much as you can. While breathing in, raise your hands and while breathing out bend forward. Stretch arms parallel to the floor. Touch chin and chest to the floor. Hold this posture for sometime, breathe normally. Return back to the normal position.



Dutta Mudra

Sit in Padmasana hands on your knees in Gyan Mudra. Keep your back in a natural position. Slowly turn your neck to the left side. Hold this position for sometime breathe normally. Return back to normal position. Same way turn your neck to the right side hold this position for sometime, breathe normally. Then return back to the normal position.



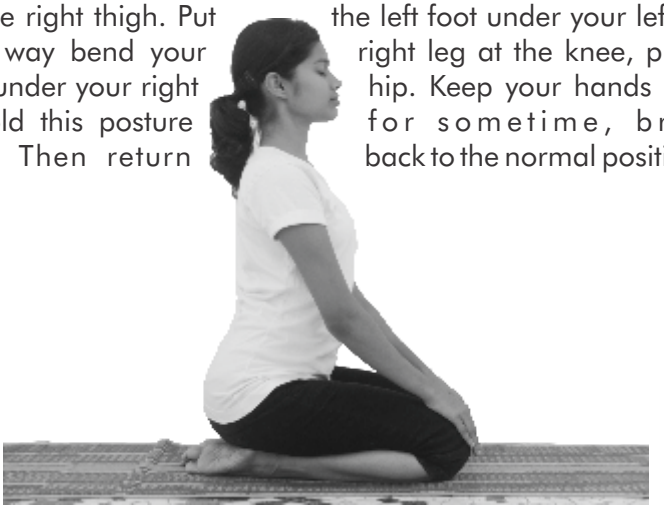
Brahma Mudra

Sit in Vajrasana hands on your knees in Gyan Mudra. Keep your back in a natural position. Slowly turn your neck to the left side. Hold this position for sometime, breathe normally. Return back to the normal position. In the same way turn your neck to the right side hold this position for sometime, breathe normally. Then return back to the normal position. Slowly lift chin upwards. Hold this position for sometime, breathe normally, and return back to the normal position. Slowly bring chin towards your chest. Hold this position for sometime, breathe normally. Return back to the normal position.



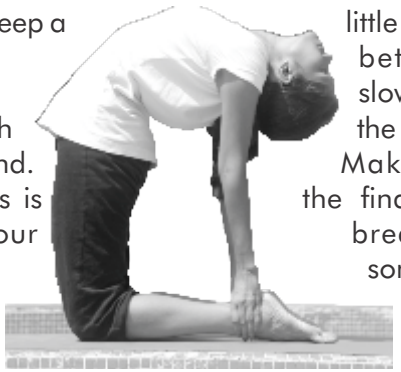
Vajrasana

Sit on the floor. Keep legs straight. Bend your left leg at the knee; take it close to the right thigh. Put the left foot under your left hip. In the same way bend your right leg at the knee, place the right foot under your right hip. Keep your hands on your knees. Hold this posture for sometime, breathe normally. Then return back to the normal position.



Ushtrasana

Kneel on the floor; keep a little distance between your knees and between the heels. While breathing in, slowly arch your back. Hold right heel with the right hand and left heel with the left hand. Make arms straight, push chest out. This is the final stage of asana concentrate on your breathing. Hold this position for sometime and return back to the normal position.



Marjarasana

Take your position with your shoulders above your wrists, hips above your knees. This way take your position on the pillars of these four limbs. Keep your back straight. The bottom of your feet should face upward. While breathing in, lift chin, look upward. Curve your back downward, contract your hip muscles and your tailbone. Hold this posture for sometime breathe normally. While breathing out, curve your back upward. Pull in your abdomen. Take chin down. Look at your thighs. Hold this posture for sometime, breathe normally. Return back to the normal position.



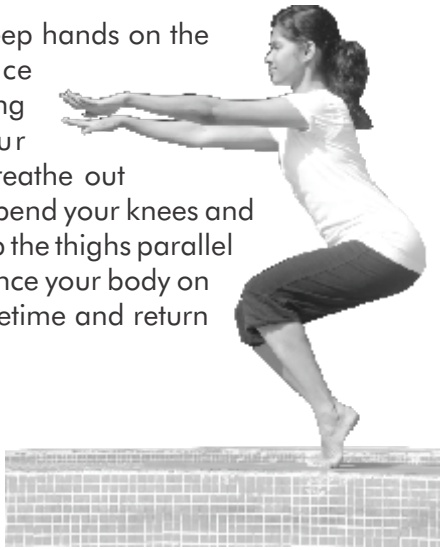
Supta Vajrasana

Sit in a Vajrasana position. Take your hands behind; put your palm on the floor. Slowly take elbows towards the floor. While stretching your abdomen bend behind. Try to touch head and back to the floor. Make your elbow straight and place your palms on your thighs. Breathe normally. Hold this posture for sometime and return back to the normal position comfortably.



Utkatasana

Stand straight, join your legs and keep hands on the side. Keep one shoulder distance between both the legs. While breathing in raise arms parallel to your shoulders, palm facing the floor. Breathe out and without bending forward slowly bend your knees and go down towards the floor. Try to keep the thighs parallel to the floor. Slowly lift heels and balance your body on your toes. Hold this posture for sometime and return back to the normal position.



Hastapadasana

Stand straight, with both legs joined together. While breathing in raise your hands upward and stretch your body at the same time. Slowly breathe out, keep your legs straight and bend forward. Try to touch your toes with your hands. Relax neck and touch head to your knees. Hold this posture for sometime, breathe normally. Return back to the normal position.



Virbhadrasana

Stand straight, take one leg straight behind. Keep 3 to 4 feet distance. Turn your left foot straight ahead. While breathing out bend left knee above your left heel, make the left thigh parallel to the floor. Raise your hand to shoulder level. While breathing in, stretch your fingertips. Slowly breathe out, lower your body deeper into the position. Turn your neck to the left side, look towards your left hand. Wait in this position for sometime, breathe normally. Then return back to normal position repeat same on your other side.



Chakrasana



Stand with both legs joined together and hands on your side. Raise your hands parallel to your shoulders. While breathing out slowly start bending towards your left, try to bring the right hand in line with the shoulders and touch the right ear and let the left hand go down towards the thighs. Hold this posture for sometime and return back to the normal position. Repeat the same steps for the right side.

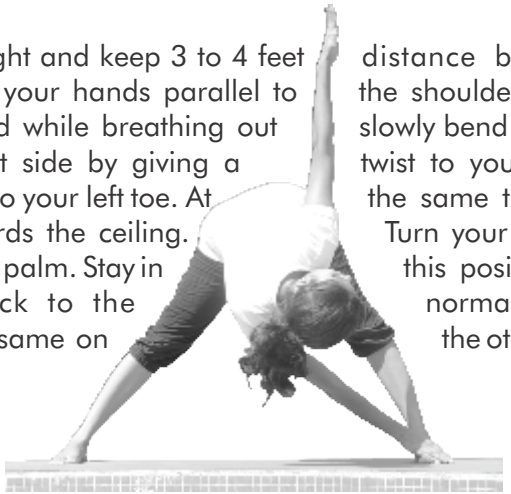
Vrikshasana



Stand straight, keep your legs together. Lift right leg, bend knee and press bottom of your foot properly against left thigh. Join both the hands in front of the chest in a namaskar state. Slowly raise your arms above your head, without bending elbows. Stay in this posture for sometime and return back to the normal position.

Trikonasana

Stand straight and keep 3 to 4 feet distance between the legs. Raise both your hands parallel to the shoulders. Keep your legs straight and while breathing out slowly bend forward. Then turn towards left side by giving a twist to your back. Touch the right palm to your left toe. At the same time raise your left hand towards the ceiling. Turn your neck and look up towards left palm. Stay in this position for sometime. Return back to the normal position and then repeat the same on the other side.



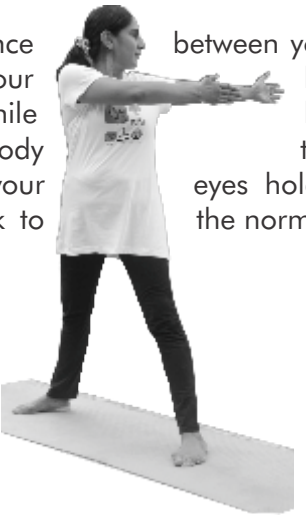
Prasarita padottanasana

Stand straight, place your legs wide apart take a distance of 3 to 4 feet. Breathe in and raise both your hands parallel to the shoulders. Slowly breathe out, keep your back straight, bend forward place both the hands on your feet. Try to touch the crown of your head down towards the floor. Keep on breathing normally. Hold this posture for sometime and return back to the normal position.



Kati Chakrasana

Stand upright keep distance between your legs and place hands on the side. Raise your hands forward, parallel to your shoulder, while breathing in. Breathe out and twist your body towards the right side, look behind. Close your eyes hold this position for sometime and return back to the normal position. Repeat the same on the other side.



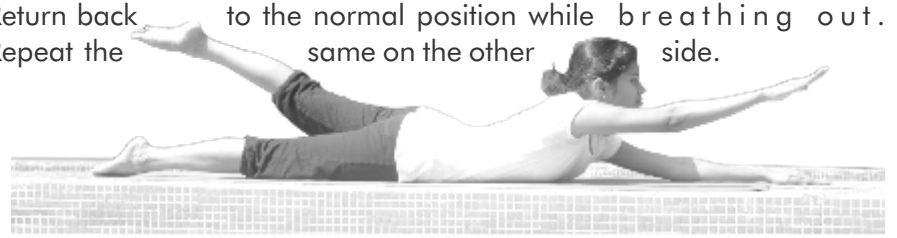
Ardha Shalabhasana

Lie down on your stomach that is in a prone position. Keep legs joined together toes facing outwards. With hands lying by the side close your fists and touch the chin to the floor. While breathing in slowly stretch left leg, lift your leg from hip joint without bending knee. Hold this posture for sometime, breathe normally. While breathing out return back to the normal position.



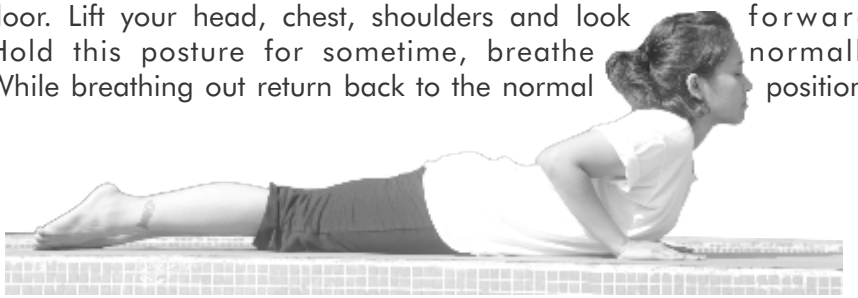
Ardha Naukasana

Lie down on your stomach that is in a prone position. Keep your legs joined together, toes facing outwards. With hands lying by the side close your fists and touch the chin to the floor. Place both the hands straight above your head, in shoulder line, parallel to ears on the floor. Stretch your hands and toes. While breathing in at the same time lift your right hand, shoulder, head and left leg. Don't bend your knee and touch your biceps to your ear. Hold this posture for sometime and breathe normally. Return back to the normal position while breathing out. Repeat the same on the other side.



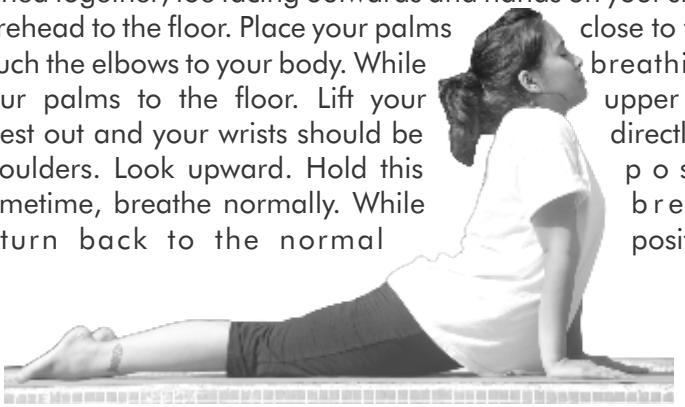
Bhujangasana

Lie down on your stomach that is in a prone position. Keep both the legs joined together, hands by the side. Touch your forehead to the floor. Place your palms close to your chest. Tuck your elbows close to your body and gently pull them back. While breathing in, press your palms to the floor. Lift your head, chest, shoulders and look forward. Hold this posture for sometime, breathe normally. While breathing out return back to the normal position.



Urdhvamukha Shvanasana

Lie down on your stomach that is in a prone position. Keep both the legs joined together; toe facing outwards and hands on your side. Touch your forehead to the floor. Place your palms close to your chest and touch the elbows to your body. While breathing in, press your palms to the floor. Lift your upper body, push the chest out and your wrists should be directly below your shoulders. Look upward. Hold this posture for sometime, breathe normally. While breathing out return back to the normal position.



Shalabhasana

Lie down on your stomach that is in a prone position. Keep your legs joined together toes facing outward. With hands lying by the side and palms facing upwards slowly close your fists and touch the chin to the floor. While breathing in slowly lift both the legs from hip joint without bending knees. Hold this posture for sometime and breathe normally. While breathing out return back to the normal position.

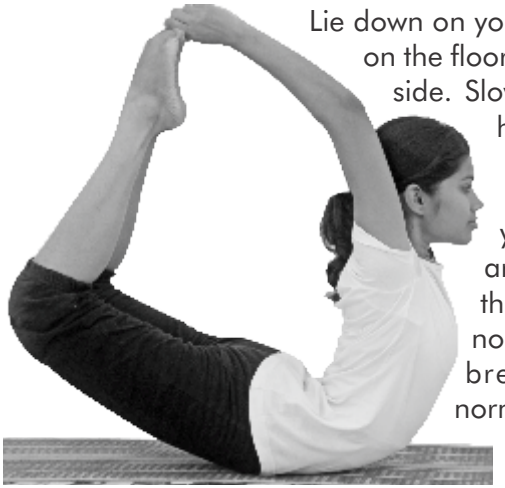


Naukasana

Lie down on your stomach that is in a prone position. Keep your legs joined together, toes facing outward. With hands lying by the side touch the chin to the floor. Take both the hands straight above your head placing them in shoulder line parallel to the ears on the floor. Stretch your hands and toes. While breathing in at the same time lift your upper body and both the legs. Without bending the knees touch your biceps to the ears. Hold this posture for sometime and breathe normally. While breathing out return back to normal position. Repeat the same on the other side.



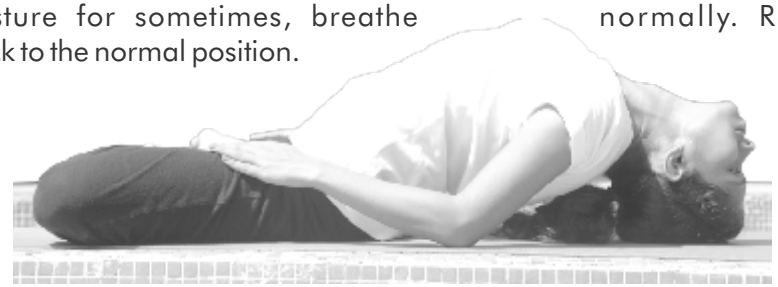
Dhanurasana



Lie down on your stomach. Keep your forehead on the floor, legs together and hands on the side. Slowly bend your knees, take your hands behind. Hold your toes or ankles with both the hands. Breathe in and same time lifts your upper body, legs. Make an arch of your back upward. Hold this posture for sometime. Breathe normally and concentrate on your breathing. Return back to the normal position.

Matsyasana

Lie down on your back and fold your legs in padmasana. Keep palms below your hips. Take the support of your hand from elbow to palm. Lift upper body and arch your back behind and stretch your chest. While breathing out lower your head behind and stretch your throat. Touch the crown of your head to the floor. Keep your palms on your thighs. Maintain the stretch around chest and arch in your back. Hold this posture for sometimes, breathe normally. Return back to the normal position.



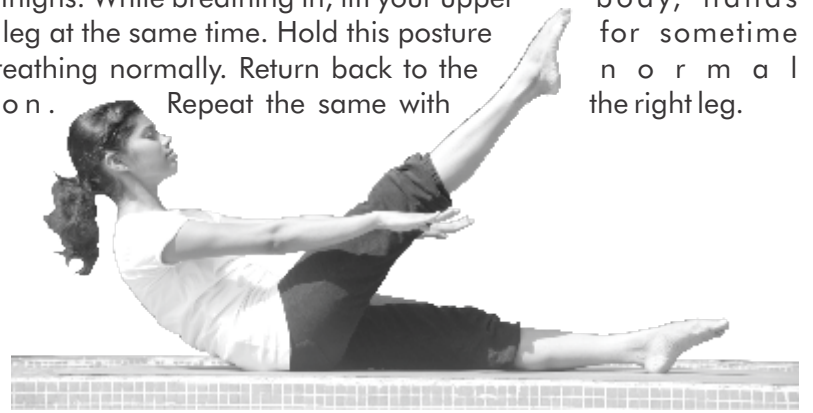
Makarasana

Lie down on your stomach in a prone position. Place your hands in front of your head and hold the middle part of the left upper arm with the right hand and the middle part of the right upper arm with the left hand. Keep the feet apart from each other; touch the upper part of the toes to the floor with heels facing upward. Keep your eyes closed. This is the final stage, concentrate on your breathing. Hold this position for sometime and return back to the normal position.



Ardha Dronasana

Lie down on your back. Keep both the legs joined together and the hands on your thighs. While breathing in, lift your upper body, hands and left leg at the same time. Hold this posture for sometime while breathing normally. Return back to the normal position. Repeat the same with the right leg.



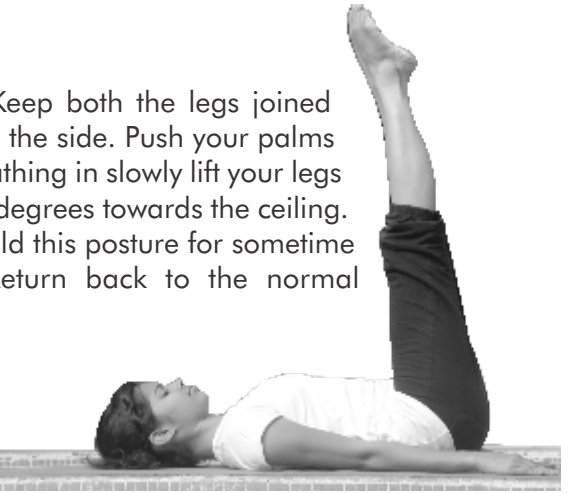
Ardha Pavanmuktasana

Lie down on your back. Keep both the legs joined together with hands on your side and palms facing the floor. Lift the left leg a little above the floor and slowly bring the left knee towards the chest. Hold your knee with both hands. Pull it towards your chest. At the same time while breathing out lift your head and touch your chin or forehead to the left knee. Hold this posture for sometime and breathe normally. Return back to the normal position. Repeat the same with your right leg.



Utthita Dwipadasana

Lie down on your back. Keep both the legs joined together and the hands on the side. Push your palms on the floor and while breathing in slowly lift your legs from the hip joint upto 90 degrees towards the ceiling. Don't bend your knees. Hold this posture for sometime and breathe normally. Return back to the normal position.

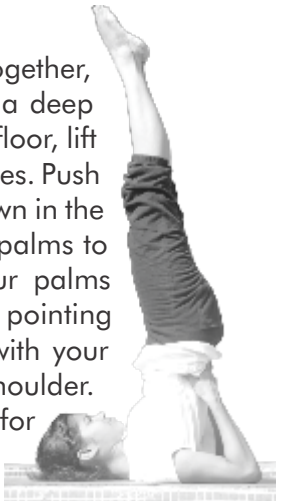


Viparitkarni mudra

Lie down on your back; Keep your legs joined together and hands on the side. While breathing in without bending your knees, lift both the legs upto 90 degrees from the hip joint. Push your palms to the floor and lift your back and hips upward. Give the support of your palms to the back. The complete weight of your body will be on elbows and shoulders. Don't touch your chin to the chest. Look at your toes. Hold this posture for sometime, breathe normally. Return back to the normal position.



Sarvangasana



Lie down on your back. Keep your legs joined together, hands on the side and palms on the floor. Take a deep breath in, while breathing out press palms on the floor, lift both the legs upto 90 degrees. Don't bend your knees. Push your legs up, lift your waist and bring your legs down in the direction of your head. Give the support of your palms to your waist and slowly bring the support of your palms behind your chest. Your fingertips should be pointing straight up. Bring your legs straight in the line with your shoulder and form a straight line from toe to shoulder. Touch your chin to the chest. Hold this posture for sometime and breathe normally. Return back to the normal position.

Halasana

Lie down on your back. From Sarvangasana posture, breathe out and bend from hip joint, take your toes towards the floor, behind your head. Keep your legs straight and back flat to the floor. Stretch arms out and fold your hands. Put your weight on your shoulders and relax your neck. Hold this posture for sometime and breathe normally. Return back to the normal position.



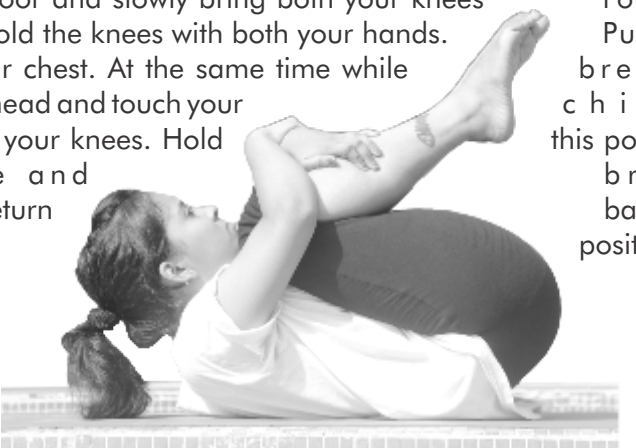
Dronasana

Lie down on your back. Keep both the legs joined together and the hands on your thighs. While breathing in lift your upper body, hands and both the legs at the same time. Hold this posture for sometime and breathe normally. Return back to the normal position.



Pavanmuktasana

Lie down on your back. Keep both the legs joined together, hands on your side with palm facing the floor. Stretch your toes. Lift both legs a little above the floor and slowly bring both your knees towards the chest. Hold the knees with both your hands. Pull them towards your chest. At the same time while breathing out lift your head and touch your chin or forehead to your knees. Hold this posture for sometime and breathe normally. Return back to the normal position.



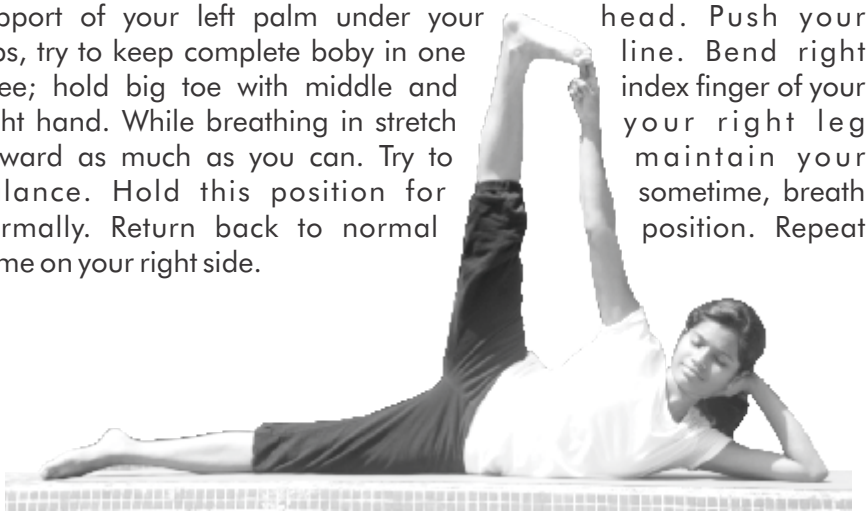
Jathar Parivartanasana

Lie down on your back. Keep both the legs joined together with hands on your side. Slowly stretch arms at your shoulder line and place your palms on the floor. While breathing in lift both the legs up, 90 degrees. Breathe out and drop both the legs towards your left side on the floor. Turn neck towards your right side. Look at your palm. Hold this twist for sometime and breathe normally. Return back to the normal position. Repeat same on the right side.



Anantasana

Lie down on your back, turn on your right side. Bend left elbow; give support of your left palm under your head. Push your hips, try to keep complete boby in one line. Bend right knee; hold big toe with middle and index finger of your right hand. While breathing in stretch your right leg upward as much as you can. Try to maintain your balance. Hold this position for sometime, breath normally. Return back to normal position. Repeat same on your right side.



Setu Bandhasana

Lie down on your back. Bend both the legs in your knees. Keep both the knees joined toghter and heels close to your hips, Palm towards the floor. While breathing in press palm on the floor. Lift your back and hips from the floor upward as much as you can. Interlock your finger and stretch your arms. Hold this posture for sometime and breathe normally. Return back to the normal position.



Shavasana

Lie down on your back with your hands a little away from the thighs with the palms facing towards the ceiling and legs apart. While breathing slowly and normally consciously, slowly and gradually start to relax each and every part of your body and muscles. Start from toes, feet, ankles, shin, calves, knees, joints, thighs, hamstrings, hips, hip joints, abdomen, chest, ribs, back muscles, back bone, fingers, wrist, forearms, elbows, biceps, triceps, shoulders, neck, face and head. Then breathe in and breathe out slowly, relax your breath, and while breathing out relax your brain. Maintain this position for 15 to 20 minutes.



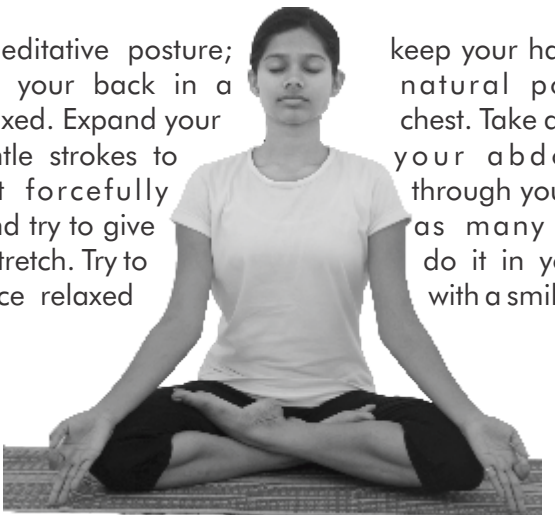
Anulom-Vilom

Sit in any meditative pose. Close the right nostril with the help of the thumb. Breathe in through left nostril. Then close the left nostril with the help of the index and middle finger and breathe out through the right nostril then breathe in from right nostril. Close the right nostril with the thumb and breathe out through the left nostril. This is one round of Anulom-Vilom.



Kapalbhati

Sit in any meditative posture; keep your hands in Gyan Mudra. Keep your back in a natural posture and abdomen relaxed. Expand your chest. Take a deep breath and give gentle strokes to your abdomen and breathe out forcefully through your nose. Take one breath and try to give as many strokes as possible at a stretch. Try to do it in your capacity. Keep your face relaxed with a smile.



Chandrabhyas

Sit in any meditative pose. Close the right nostril with the help of your thumb. Breathe in and breathe out through the left nostril. This is one round of Chandrabhyas.



Suryabhyas

Sit in any meditative pose. Close the left nostril with the help of the index and middle finger of your right hand. Then breathe in and breathe out through the right nostril. This is one round of Suryabhyas.



Chandrabhedana

Sit in any meditative pose. Close the right nostril with the help of the thumb. Breathe in through the left nostril. Close the left nostril with the help of the index and middle finger and breathe out through the right nostril. This is one round of Chandrabhedana.

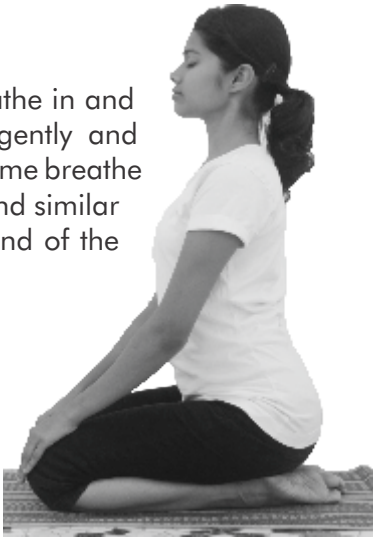


Suryabhedan

Sit in any meditative pose. Close the left nostril with the help of the index and middle finger of your right hand. Breathe in through right nostril. Close the right nostril with the help of the thumb breathe out through left nostril. This is one round of Suryabhedana.



Ujjayi



Sit in any meditative posture. Slowly breathe in and while breathing out press your throat gently and contract the air passage and at the same time breathe out through the nose. This will create sound similar to whispering (Gentle noise, like the sound of the sea). This is one round of Ujjayi Pranayam.

Sitkari

Sit in any meditative pose. Keep the lower and upper teeth together, touch the tongue between the gap of the lower and upper teeth. Open the lips and breathe in slowly through the mouth. After that close the lips and breathe out through the nose. This is one round. Tongue should touch the teeth from inside.



Shitali



Sit in any meditative pose. Roll the tongue in a curve and bring it out from the lips. Then breathe in slowly through the mouth. After that close the lips and take the tongue in and breathe out through the nose. This is one round of Shitali Pranayam.

Bhramari

Sit in any meditative pose. Close your eyes gently with your hands and close the flap of your ear holes with your thumbs. Keep the back straight. Breathe in through the nose and while breathing out make a humming sound like a bee. This is one round of Bhramari Pranayam.



exercise mania

Exercise mania means to be addicted to exercise. It may sound impossible as you may have heard of many addictions like smoking, gambling, drinking etc. YES you can add another one which is called addiction to exercise.

This addiction is like the other addiction, where a person wants to keep on doing certain things again and again. Just like all other addictions, the kick that a person gets out of this one takes him to the seventh heaven(here also the misconception is that by doing this I shall get a relaxed good sleep and my stress will be reduced).

I will give you an example of a woman that I know with this addiction.
This lady was so obsessed with her looks, personality, figure etc. that without her realizing she started to put in more effort in her exercise to keep herself fit.

She would have a weighing machine besides her at all the time and would check her weight at least four times a day. She started to compromise on her diet and started to eat less to look slim and trim even what she ate would be only boiled vegetables.

In one day she would do all the possible exercises like going for aerobics, gymnasium, dance class, jogging etc .In her quest for good health she completely forgot the golden rules of exercise –
"AHAR, VIHAR & VISHRANTI" that is PROPER FOOD, PROPER EXERCISE & PROPER RELAXATION.

The exercise and diet that she chose, was done excessively and somewhere along instead of having a fit body she started to abuse her body. YES, she did manage to lose weight and look slim but she also lost the glow that she had earlier on her face.

The excessive exercise now made her weak, tired and sick.
Hence my dear friends, we should make sure that exercise is not done excessively and a person should do only that much which they can do comfortably.

Exercise Mania

Exercise done in limit relaxes both our body and mind but in the case of this woman things had gone exactly opposite.

When she came to me for help, she was looking undernourished and her beautiful flower like face had now started to shrink. The exercise that she thought had made her beautiful actually made her look like a sick person.

She forgot one of the most important sutra of exercise. Exercise is one of the best physical activities that you can do to increase your health but too much exercise can cause negative effect on your body. The human body, like many systems of the universe, is all about balance. By exercising too much, you can disrupt the chemical balance in your body. This can cause certain health problems and stress on your immune system.

I told her that the best way to prevent overtraining syndrome or exercise mania is to follow a training schedule that varies your training load and includes mandatory rest phases. You might have to limit your training time or take a break. The first and most vital step coming out of this is simply recognizing that you are suffering from the condition.

Here I would like to mention what HATHAPRADIPIKA says:
II *Atyaharah prayasascha prajalpo niymagrahah*
Jansangascha laulyam cha sadbiryogo vinasyati II

Overeating, exertion, talking too much, severe penace, public contact and restlessness of mind because of this YOGA gets idle or useless.

Excessive exercise, eating, talking, jansampark (socializing) all this leads to destruction of Yoga and individual.
One more shloka from HATHAPRADIPIKA says,

Pranayamena yuktena sarvarogaksayo bhaveta II
Ayuktabhyasyogena sarvarogasamudbhavah II

Which means, pranayama if done correctly can cure the disease, but if done incorrectly can cause a disease or physical problem.

I think this is not only applicable for yoga but all forms of exercise. You must try to perform all types of exercises within your limit. Here Yoga is the best way as it fills us up with positive thoughts and does not allow negative thoughts to dominate. Same time it helps to control body, mind and soul and achieve the goal of complete fitness, which includes not only healthy body but also sound and relaxed mind.

So keep this very important point in your mind all the time when you exercise.

GRAPES	**Helps In**
Fresh grapes daily or raisins soaked in water	Relieving constipation.
Ripe grapes	Removes indigestion and irritation of the stomach and relieves heat.
Grapes and grape juice	Asthma.
Grapes	Migraine
The juice of ripe grapes	Kidney and bladder stones.
Grapes	Liver disorders.
Grape poultice is prepared by crushing grapes and spreading them between a layer of muslin. Placed over the effected parts and covered with a dry cloth.	Found effective in case of external growths, where there is an open sore.
Ripe grapes	Strong antiseptic and their effect on the gums is very effective.

sutra of suryanamaskar

1. **Namaskar Mudra**
   Stand straight with your hands on the side and legs joined together, now join your palms and place them close to your chest in a namaskar mudra.

2. **Urdhva Hastasana**
   Breathe in and raise your hands upwards. Bend your back and stretch your arms as much as you can.

3. **Hastapadasana**
   Slowly breathe out, keep your back straight, without bending your knees bend forward and try to touch your feet with your hands.

4. **Ekpadpad Prasarnasana**
   While breathing in, put your palms on the floor. Bend the right leg between your both the hands. At the same time stretch your left leg behind without bending the knee. Slowly after that slightly curve your back and look up.

5. **Santolasana**
   While breathing out take your right leg behind, parallel to the left leg. Here your palms will be exactly below your shoulders. Make sure that shoulders back and hips should be exactly in one straight line.

6. **Chaturang Dandasana**
   While breathing in, slowly touch your knee, chest, chin towards the floor while bending your elbows. Push your elbows close to your ribs. Try to keep your hips upwards. Keep on breathing normally here.

7. **Urdhvamukha Shvanasana**
   Slowly breathing in, push your shoulder behind. Raise your upper body on your hands; keep your elbow straight at the same time look up towards the ceiling. You will get a stretch from the navel to your chin. Your abdomen and thighs will touch the floor.

8. **Adhomukh shvanasana**
While breathing out, lift the body at the hip forming an arch, just like a mountain. Keep your hands and legs straight and look at your feet.

9. **Ekpad prasarnasana**
Slowly while breathing in, take your one leg forward and place it between your both the hands. At the same time keep your other leg straight behind without bending the knee and look up.

10. **Hastapadasana**
Slowly breathe out and join your legs. Touch your hands to your feet and head to your knees.

11. **Urdhva Hastasana**
Breathe in and raise your hands up. Then bend your back and at the same time stretch your arms as much as you can.

12. **Namaskar Mudra**
Stand straight, bring your hands down. Join your palms close to the chest in a namaskar mudra. Keep your breathing normal.

CABBAGE	Helps In
Chopped raw cabbage with a little salt, black pepper and lemon juice	Constipation.
Raw cabbage juice if taken daily	Stay slim and reduce weight.
Cabbage salad	Stomach ulcers.
Raw cabbage or juice	Enhance the immunity and help to arrest premature ageing.

yoga life sutra

Sutra Of Suryanamaskar



1



2



3



4



5



6



7



8



9



10



11



12

ਲਾਇਫ ਇਜ਼ ਅ ਲਾਇਫ

I always love life and nature in the village. Do you know why I fell in love with life in a village?

Village is such a place where nature is present in its entire splendor. The lush greenery and pleasant cool winds, beautiful mountain ranges trying to reach the sky are sites that please the human mind and give an experience of heavenly pleasure. The rising sun rays give a feeling of sprinkling rose water all over. Chirping birds gently awaken one and all of this makes it a really good morning. The whole place is covered with a thick blanket of fog early in the morning; this is how day begins. Isn't it different than our daily city life?

Unlike the village, in the city Sunrise and Sunset has no meaning. In fact we hardly notice the Sun rising or setting.

In most cases, the villagers live longer than urban folk.

The reason for this is nothing special but the pollution free atmosphere, the lovely pleasant aromatic smell of mud, the Sunrise that brings along with it, cheerfulness in the hearts of the people motivating them to start their daily routine with energy.

Our Life in the city is so mechanical that the body responds to life like a machine. Village people are healthy not because of special care but the daily work that they do which automatically brings them good health. Have you ever wondered as to what work they do to be so fit.

Let's first take the case of Women:-
Early morning they are up even before Sunrise.

They start by cleaning the house. Especially the Aangan (courtyard) which is of mud and has to be covered, cleaned with Cow dung (cows waste) a special technique in most Indian villages which is very hygienic.

The animals have to be fed, cleaned and then milked, which is a tremendous exercise. Besides the women has to help in the fields if required, and of course taking care of children, elders, the whole family, in between these tasks, she has to cook too.

The village men have their own share of work, like going to work in the fields early morning, watering crops, keeping the crops healthy by putting fertilizers, when the crops are ready harvesting them which is even tougher.

It does not end here as even the children of the house help in the fields.
Even the village sports are all outdoors and tough games like kabbadi, wrestling etc are played. The villagers are also very smart in their eating habits. They know exactly what to eat and when. The daily tough routine makes them sleep well and wake up early.

If the very same people were to move to the city they will lose all the great health within a year as the city atmosphere starts to take its toll on one's health. To add to this, the everyday usage of different machines and gadgets in one's life is also taking away the physical agility.

Let us now examine how this happens. For the daily house hold chores like washing vessels, clothes we have servants. If there is no servant then the machines are available to do the work.

Even the food that we eat or the milk that we drink is not fresh. From morning to evening we are running, wanting to beat the clock. In this chaotic situation we don't even have time to eat peacefully, sleep on time. The Greenland of the city is converted into a concrete jungle.

The modern age technology has made us so lazy that we are sitting in one place and doing our work. In fact there are so many people who don't get to walk at all as they are all the time using the lift at home, getting into a car and again using the lift in the office and it goes on.

This leads to indigestion, acidity, stress, diabetes, blood pressure etc.

As the luxuries of life in the city increases, man starts to depend on them more and more. What was made by mankind to be dominated now starts to dominate us.

Just imagine for a while how it would feel if there is no TV, Mobile, Car, Fridge, Computer etc. The very thought would put a scare in us. However earlier, when there were no gadgets or machines, yet all our work was done. Then why are we so dependent on them???

I would like to give you one simple gardening tip, which is applicable for today's life: "Plant yourself next to those who make you breathe freely and help you grow, not next to those who suffocate you…!"

Yes, In the midst of all this we can still keep ourselves fit. What are the different ways in which we can achieve this? We must have a fixed time to eat, drink lots of water, if the market is nearby we should walk to the market. Avoid using vehicles to go to places which are close to the house. Instead of elevator try to use steps as much as possible. If you have a pet dog take the dog out for a walk yourself. This will give you exercise.

Spare some time daily to play with your children. Eat early, sleep early and at least 4 times in a week do Yoga or any exercises.

If we are able to bring these little changes in our lives it will be very helpful to us.

When GOD has made us, he gave us all, the same health. He never discriminated between rich and poor, white and black. It is only us who do not value this gift and misuse our bodies. It is for us to decide as to how we want to live.

A healthy life needs a healthy way. Now, how and when you want to start the walk on this path depends on you. Like every person himself makes or destroys his life by his/her own KARMA. Likewise it is up to the individual to decide whether to have good or bad health.

So when are you Starting?

START NOW.

ONION	**Helps In**
Daily consumption of equal amount of onion juice mixed with honey about three to four teaspoons	Respiratory disease (cold, cough, bronchitis etc)
Consumption of raw onion	Tooth disorders.
White variety of onion peeled off, crushed and fried in pure butter. This mixture taken regularly with a spoon of honey on an empty stomach.	Sexual disability
Onion juice put into the ears with the help of cotton wool	Ringing sound in the ears
Slightly warm onion juice put into the ears	Relieves earache
Onion boiled in water until half the water has evaporated and consumed after draining and cooling.	Burning sensations in urine.

sutra of running

Running can assist you in losing weight, staying in shape and improving body composition. Running increases metabolism. For new runners, it takes time to get into shape. The key is consistency and increase in speed and distance.



KNOW FOOT TYPE AND HOW TO CHOOSE SHOES

Do you have NORMAL ARCHES, HIGH ARCHES or are FLAT FOOTED? You can assess your foot type by what is known as the "WET TEST"

Simply wet your feet and briefly stand on piece of paper or on a dark, bare floor.

Look at the imprint left by your feet.

Compare them to the impressions shown in the figure to determine your foot type.



FLAT NORMAL HIGH

If you have High Arches you will need a shoe with more cushioning for shock absorption.

If you are flat footed you will need a shoe with more support and control.

Feet are the smallest in the morning and swell slightly as the day progresses.

Wear running or sports socks while trying on shoes.

Walk around the store in the shoes to check the fit, cushioning and stability of the shoes.

Do not buy shoes based on their brand name but buy shoes, that suits your bio-mechanical needs and work for your foot type.

Wearing worn out shoes can eventually lead to injuries and cause knee or hip pain. So replace worn out shoes in a timely manner.

PRONATION

It is important to understand this term because the type of running shoe you buy depends on whether you are NORMAL, OVER or UNDER PRONATOR.

While running the outside of the heel strikes the ground first, the foot rotates inward and downwards: this process is called PRONATION.

If you are Over Pronate, you need shoes that provide stability.

If you are Under Pronate, you need shoes that provide shock absorption and cushioning.

HOW TO RUN

WARM UP before running is crucial for preventing injuries that may result if muscles are cold.

Always carry a liquid container. Drink juices or water at 10 to 15 min interval.

While running, your eyes should be focused on the ground ahead of you. Don't stare at your feet. This is the proper running form.

Land on the middle of your foot and roll through to the front of your toes. Avoid landing on your toe or on your heel.

Try to keep your hands at the waist level, right about where they might lightly brush your hip. Your arms should be at a 90 degree angle.

Keep your arms and hands as relaxed as possible. Cup your fingers/ fist of hand gently. Don't clench your fist.

Keep your posture straight and erect. Head should be straight, back arched and shoulders level. Don't bend forward or backward.

Your shoulders should be relaxed and square or facing forward, not hunched over.

Swing your arms from your shoulder joint not from your elbow joint.

Try to keep your stride low to the ground and focus on quick stride turnover. Too much up and down movement is wasted energy and can be hard on your lower body and back.

Keep your arms swinging at your side. If arms cross over your chest, you are more likely to slouch.

After completing your run or walk take a few minutes to cool down, Cooling down will helps to shift the blood flow from the muscles to the heart and other vital organs. A cool down lets your heart rate slow down and your body gradually returns to its pre exercise state.

INDIAN GOOSEBERRY	Helps In
A table spoonful of its juice mixed with a cup of fresh bitter gourd juice.	Diabetes.
The juice of amla, mixed with honey	Preserving eye sight.
A cupful of this juice should be taken with honey twice daily	Conjunctivitis.
Powder of amla mixed with equal quantity of sugar should be taken with a teaspoonful of milk	Best remedies for scurvy
A drink made from amla mixed with lemon juice and misri	Controlling acute bacillary dysentery
One tablespoonful of the paste of amla leaves mixed with honey or butter-milk	Diarrhea and dysentery
Raw amla	Preventing ageing and in maintaining strength in old age
Raw amla	Is an accepted hair tonic.

Jamul Fruit	Helps In
Jamul fruit, the seed and fruit juice	Diabetes.
Powder of the Jamul seeds	Diarrhea and dysentery
Jamul fruit taken with salt	Bleeding piles.
Jamul fruit	Liver disorders.

be a child

Have you observed children when they are at play? Children who it is believed are made in the image of God; don't keep any enmity, jealousy, anger, .ill feelings in their heart.

I would like to share two incidents which indicate innocence and trust of children.

In the first incident, a school held a contest for all the kids. The theme for the contest was 'Nicest Thing Dad did for me'. Most of the children expressed their emotions nicely but the award winning answer will really bring a smile on your face. In his answer, a small kid wrote 'Nicest Thing My Dad did for me was He Married My MOM.'

In the second incident, a plane was flying through the clouds. Suddenly, it lost the balance, everyone started shouting in fear. But a small boy kept playing with his toy without any fear. After an hour, the flight landed safely. A man asked a boy "how could you play with your toy when everyone was afraid?" The small boy smiled and said "My Dad is the pilot of this plane, I knew he will land me safely anyhow."

This innocence is loved by God; a child is always lost in his/her own world. Children are so full of energy which is demonstrated in all their actions, whether at school or at home.

This energy makes them naughty at times and does things which irritate us at times and we are forced to shout at them. Do you know why actually we shout at them? For the answer of this I would like to share a quote by Elaine Heffner, "The psychological umbilical cord is more difficult to cut than the real one. We experience our children as extension of ourselves, and we feel as though their behavior is an expression of something within us… instead of an expression of something in them. We see in our children, our own reflection and when we don't like what we see, we feel angry at the reflection." Thus we forget one simple thing that they are children. Let them be a child and don't try to make them an adult like you.

At this age their attitude is as if they are trying to reach the sky and pluck stars out of it. Without any fear most of them go on the slides, swing at great heights. The joy they get, going across the monkey crawl and do other

dangerous stunts so easily. What we are trying to prove here is that children are born fearless.

In a child's world there is no place for stress, or the fear of everyday life. Children just live for the present moment and enjoy every bit of it.

The energy level of children is very high. They can play the whole day without getting tired besides they are natural athletes and very flexible. Feats like touching their head to the knee, stretching fully etc .are so easy for them to do.

Then what happens to the same person after growing up? Why do the same feats become so difficult? The reason is that as a child grows up their playing becomes less and now the focus shifts to studies, works etc.

The outdoor games are replaced with more time spent indoors on the computer, even friends with whom long walks were taken earlier are now just a click away on the computer. This computer starts to create a gap or distance between friends. How friendship breaks? Both friends will think the other is busy and will not contact thinking it might be disturbing. As time passes both will think let the other contact. After that each one will think why I should contact first? Here friendship will be converted to hate. Finally without contact the memory becomes weak, they forget each other.

Our ignorance towards our health and fitness is creating havoc in our lives. Electronic gadgets have started to dominate our lives so much that it has taken away the natural exercise that we used to do even while doing simple household work.

Not only is our health affected by lack of exercise but it has led to mental stress which automatically brings along with it illnesses.

A famous phrase "HEALTH IS WEALTH ".However in reality people go after wealth and lose their health and in the end nothing is achieved.

There is nothing wrong with wanting more, as long as you are truly appreciative of all the wonderful things you already have. The more you appreciate what you have, the more you will have to appreciate.

Be A Child

The chase for better luxury, money, power has made the same body which was fit and fearless as a child now has become nervous, tensed, sick and weak. One day if the lift is not working he is not able to climb the stairs likewise if the car breaks down he is not able to walk.

I suggest that you look at yourself and see if you fall in the above category, if so, then it is time to start now and once again try to find the child in you, which you lost on the way.

To regain the lost strength and flexibility we have to start once again from the scratch with exercises like walking, jogging, light weight training, asana, pranayama etc. Initially our body may not respond like it used to in the past, you may get pains, aches, get tired and may want to give up. However be persistent and you will gradually see the change in yourself.

Always keep a smile on your face no matter what the problem is. It is not that people stop smiling when they grow old, but fact is that people look old when they stop smiling. Involve yourself with children, play with them, spend time with them; this will keep you fit not only physically but mentally as well.

Just try to remember when it was last when you openly laughed like a child, if you can't remember the answer, then from today start your childhood once again, try to bring in yourself that childhood tension free nature. Even though you are now physically not a child, atleast try to make your heart like a child.

This is very important because a child like heart will help you to become tension free, stress free etc.

Always remember, there is a fountain of youth: it is your mind, your talents, the creativity you bring to your life and the lives of people you love. When you learn to tap this source, you will truly have defeated age. Immense passion for pleasure is the secret of remaining young.

To get a healthy MIND-BODY-SOUL keep in your mind that, in one life thousand YESTERDAYS have passed, a million TOMORROWS may come but there is only one TODAY. Live it, Love it and enjoy it.

MANGO	Helps In
A drink, prepared from unripe mangoes by cooking it in hot ashes and mixing the pulp with sugar and water	Heat exhaustion and heat stroke
Eating one or two small unripe green mangoes with salt and honey	Gastro intestinal disorders.
Green mango	Blood disorders
Dry mango powder (amchur)	Scurvy.
Ripe mangoes	Night blindness and in eye disorders.
Liberal use of ripe mangoes during the season.	Preventing frequent attack of common infections
Mangoes taken first and then followed by milk	Leads to improvement in health, vigor and gain in weight.

CUCUMBER	Helps In
Cucumbers taken daily	Constipation
Cucumber juice	Stomach disorders or hyperacidity.
Cucumber juice combined with the juice of carrots, beetroot and celery	Arthritis, gout and rheumatism.
Cucumber juice added with the juice of carrot and lettuce	Cure skin eruptions.
Grated cucumber applied over face, eyes and neck for 10 to15 minutes	Is used as a beauty aid and is a beneficial tonic for facial skin.

sutra of workout

Squat

Interlock your fingers. Keep your feet at shoulder distance and bend your knees slightly, keep back arched and eyes focused straight ahead. Slowly lower your body as if you were sitting behind onto a chair, keeping your back in its natural alignment and lower your legs nearly parallel to the floor. When your thighs are parallel to the floor pause and then return to the starting position.





Squat against the wall

Stand with your back positioned flat against the wall. Squat down so that your thighs are parallel to the ground. Hold that position for as long as you can. Come back to the starting position. This completes one set.



Lunges

Stand with your feet at shoulder distance. Step forward with one leg and don't lift the foot too far from the floor. The front foot should touch the floor with the flat foot sole or the heel first. Keep your upper body upright. While inhaling lower your hips until the knee of the leg behind almost touches the floor. Then stand up straight and go back to the first position. Exhale at the same time.







Leg curl

Lie down with your abdomen on the floor. Place one light dumbbell between your feet. The top end of the dumbbell should be resting on the bottom of your feet. Squeeze your feet together and curl them up toward your gluteus or butt. Slowly return to the starting position.



Pushups

Get into a pushup position with your hands about shoulder width apart. Bend your elbows while keeping your back arched, until your chin almost touches the floor, and then push back up.





Chest press

Lie down on your back. Bend your legs at the knees and keep your feet flat on the floor. Hold dumbbells in each hand, just above the chest with your palms facing out in a prone position. Keep your hands bent at the elbows at a 90 degree angle. Place the elbows in line with your shoulders. Raise the dumbbells towards the ceiling in front of your chest while breathing out at the same time. Hold for a count of one and then return back to the starting position while breathing in.







Chest fly

Lie down on your back. Keep your knee bent. Hold a dumbbell in each hand, with palms facing each other. Extend arms straight up, over the chest. Keep elbows slightly bent. Maintain this posture.



While breathing in bring the dumbbells down slowly away from the shoulders. Feel the stretch in your chest. Hold for count of one. Squeezing the muscles of the chest, bring your hands back to the starting position.



Bent-Over Row

Stand with your knees slightly bent and feet at shoulder distance. Bend over so that your back is almost parallel to the floor. Holding the dumbbell in each hand let your arms move towards the floor. With your palms facing in, pull the dumbbells towards you until they touch the outside of your chest. Pause and then return to the starting position. When pulling dumbbells up breathe out.

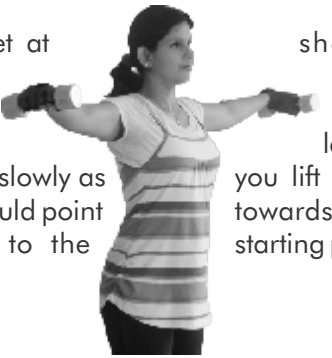


Military press

Stand with your feet at shoulder distance. Hold dumbbells in each hand, with your palms facing out in a prone position. Bend your elbows and hold the dumbbells in line with the ears. While breathing out raise the dumbbells over your head in a straight line so that your arm is almost fully extended. Hold for a count of one and then return to the starting position while breathing in.



Side lateral Raise



Stand upright with your feet at shoulder distance and hold dumbbells in each hand. Open your arms and lift the dumbbells until they reach the shoulder level. Don't lift or twist your shoulders. Exhale slowly as you lift your arms. At the highest point your palms should point towards the floor. While inhaling slowly go back to the starting position.

Biceps curl





Stand upright with your feet at shoulder distance and hold dumbbells in front of you with the palms facing out in a supine grip. Keep your hands at shoulder distance and your arms hanging in front of you. While exhaling curl the dumbbells towards your shoulders. Hold for a second and then return to the starting position while inhaling.

Triceps kick back



Stand with your knees slightly bent and your feet at shoulder distance. Bend over so that your back is almost parallel to the floor. Bend your elbows to about 90 degree angle, raising them to just above the level of your back. This is the starting position. While exhaling extend your forearms behind while keeping your upper arms stationary. When they are fully extended, your arms should be parallel to the ground. Pause and then return to the starting position while inhaling.

foodie

"Look at that fatso",
"See the baby elephant going" and
"Look at the pregnant man".
You must have heard or even said these things on seeing fat people. Even if we may have not commented at least the thought must have definitely come in our minds.

These fat people are very commonly seen everywhere but the sad part is that even children who are fat are very commonly seen. I feel no one else but we are to be blamed for this.

Today we are so dependent on junk food that we cannot live without it. If you were to check tiffin's of little children you will find many of them carrying things like farsans, biscuits, chips etc.

It is not only children but also grownups, which are hooked to junk foods now days. To add to this, excessive soft drinks, tea and coffee is also being consumed. Why look at others, observe carefully your own eating habits and you will be shocked to see that 80% of your food intake is junk food.

The most common of these foods are Burgers, Vadapavs, Samosas, Pizzas, Chinese food, Biscuits and Bakery products etc. I am sure that at least one or two of these is consumed by you every day.

The sad part is that we never accept the fact that we are becoming fatter day by day. In most cases a person either ignores the over weight problem or tries to hide it.

Here I would like to share an example of a friend of mine who was so slim and trim in college, who I suddenly met after a long time. I was surprised to see him turn so overweight with a huge tummy popping out.

It took me a long time to recognize him. During the course of our talk he started telling me the different ways he adopts to hide his obesity. I ended up laughing as it was a very humorous story.

He said that as he started to put on weight naturally his clothes started to get

tight so he found a simple remedy that was to increase the size of his clothes that would fit him comfortably. In this process he was now wearing 38"trousers instead of the original 26"his earlier waist size.

The same he did with his shirts. This is not the case of my friend alone there are many people who are doing this today to hide their obesity.

This is a very short term remedy and they by doing this have not deceived others but deceived themselves. This process opens doors for many serious problems in their lives.

The only way is to immediately accept the fact that you are putting on weight instead of trying to hide it and thus start working on it.

With a balanced diet and with the help of Asana, Pranayama, Dhyana and light exercises this weight gain can be controlled easily.

My friend, whose story I shared with you was very fond of eating right from college days; he could very comfortably eat 4 to 5 Vadapavs at one time.

When we were in the cafeteria, I saw a change in his appetite as now he was able to eat 4 to 5 burgers at a time and instead of water drank a soft drink with it; of course he was careful to order the diet version.

He further gave me a lecture about how the diet soft drink was harmless least realizing that the burgers that he had eaten earlier were poison for him.

I may be boring you with this story, but the reason for this is that many of us identify with this and it is time to make a decision NOW, whether you are living for enjoyment or for your family.

Here I want to warn you that you will not be punished for your bad eating habits, u will be punished by your bad eating habits. The only way to keep yourself healthy is, start to say YES and NO.

YES to all those foods which you don't want to eat and NO to all those junk foods which you want and like to eat. YES to all those drinks which you don't like

yoga life sutra

to drink and NO to all those drinks which you like to drink (soft drinks).YES to all those things (exercises) what you would rather not want to do.

Do you want to avoid such problems? First of all you have to love yourself, instead of loving your food habits. If you will search for someone who is more deserving for your love and care, that person is not to be found anywhere; you are the one who deserves your love and care. You have to start by taking care of your own diet, exercise and relaxation only then will you be able to love and take care of your own health and fitness.

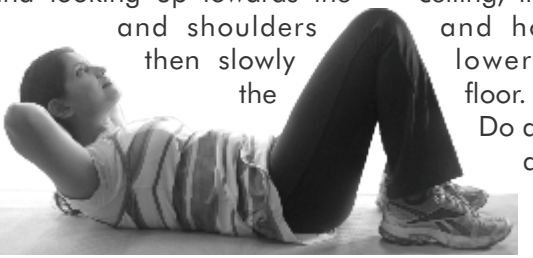
This will be a war like situation with you, where you will have to fight against yourself and not against others. In this beautiful journey towards healthy life, you will find different kinds of attractions which are going to divert you from your goal. It is better to conquer yourself than to win so many battles against others. Only then, in this war like situation the victory is yours, which cannot be taken by anyone. This will keep you healthy and fit for long time. This will make the journey of your life smooth and pleasant.

TOMATO	**Helps In**
Raw Tomatoes	Reduce body weight and is effective in controlling the percentage of sugar in the urine of diabetic patients.
A small handful of freshly plucked tomato leaves soaked in warm water for 10 to 15 minutes.	Works as a good tonic for the eyes and optic nerves.
Eating a tomato	Urinary disorder.
2 or 3 tomatoes taken early morning before breakfast.	Weight reduction
Early morning consumption of a glass of fresh tomato juice mixed with a pinch of salt and pepper.	Urinary disorder.

sutra of abdominal exercises

All of you must understand that abdominal muscles are only a part of the core. The entire core consists of abdominal muscles, gluteus (butt) and lower back muscles. Most of the people feel that if they will workout their abdominal muscles more they will get great abs. However you don't require training abs differently than any other muscle group in your body. Normaly abdominal muscles play a very important role in stabilizing all the muscles in our body. For losing fat around stomach, you have to lose fat all over your entire body. Here I have suggested a few abdominal exercises, which you can include in your regular exercise routine.

1. Lie down on your back. Bend both the legs at the knees with heels touching your buttocks. Place your hands behind your head. While breathing out and looking up towards the ceiling, lift your upper body i.e. head and shoulders and hold for one second and then slowly lower your body down towards the floor. Repeat this 10 to 30 times. Do all your moves slowly. Use abdominal muscles to lift your body. Do not touch your chin to the chest.



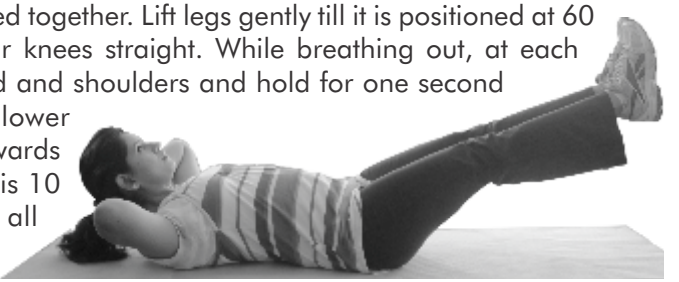
2. Lie down on your back. Bend both the legs at the knees but this time keep some distance between your feet and knees. Raise both the hands straight above your head and place them on the floor. While breathing out lift your hands, shoulders and head and bring your hands between your knees and hold for one second and then slowly lower your body down towards the floor. Repeat this 10 to 30 times. Do all your moves slowly. Do not touch your chin to the chest.





3. Lie down on your back. Lift both the legs at 90 degrees. Stretch both your hands straight above the head. While breathing out lift your upper body and try to touch your hands to your feet and hold for one second and then slowly lower your body down towards the floor. Repeat this 10 to 30 times. Do all your moves slowly. Do not touch your chin to the chest.

4. Lie down on your back with your hands behind your head. Keep both your legs joined together. Lift legs gently till it is positioned at 60 degrees. Keep your knees straight. While breathing out, at each count lift your head and shoulders and hold for one second and then slowly lower your body down towards the floor. Repeat this 10 to 30 times. Do all your moves slowly. Do not touch your chin to the chest.



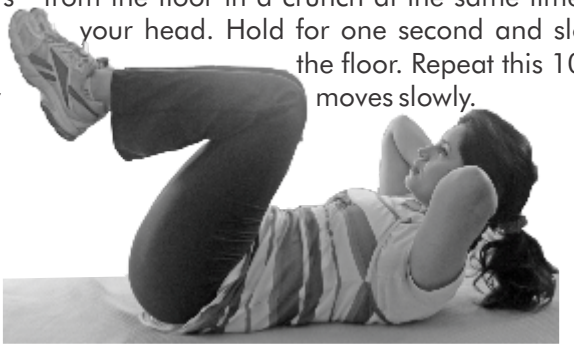
5. Lie down on your back. Keep your hands close to the body. Keep both the legs joined together. Push your palms on the ground; slowly lift your legs, from your hip joint up to 90 degrees towards the ceiling. Don't bend your knees. Keep your back flat on the ground. Contract your abs and slowly bring your legs down. Repeat this 10 to 30 times. Do all your moves slowly.



6. Lie down on your back. Keep your legs joined together. Keep both the hands behind your head. Move your legs in a bicycle motion. Lift your head and shoulder from the floor. Turn your left shoulder towards the right knee and repeat the same action on the other side. This is one repetition. Repeat this10 to 30 times. Do all your moves slowly.



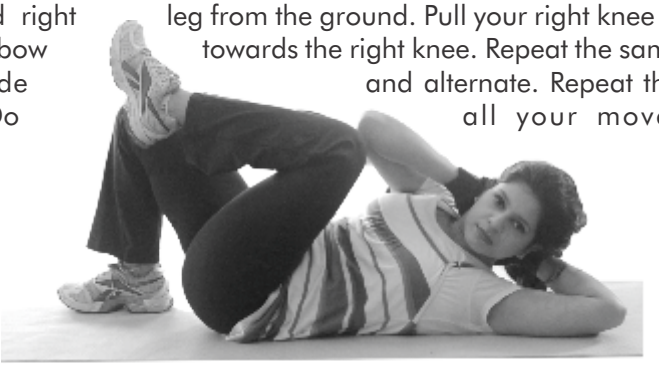
7. Lie down on your back. Keep your hands close to your body. Keep both the legs joined together. Bend your legs, lift and bring your toes parallel to your knees. With your hands behind your head lift your head and shoulders from the floor in a crunch at the same time pull your knees towards your head. Hold for one second and slowly return back towards the floor. Repeat this 10 to 30 times. Do all your moves slowly.



8. Lie down on your back. Keep both the legs joined together. Lift your hands straight above your head, arms against your ears. Lift your hands, head and shoulders from the floor. Hold for one second and return back. Repeat this 10 to 30 times. Do all your moves slowly.

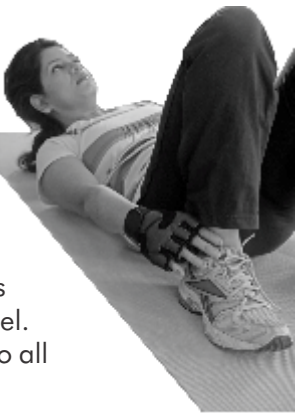


9. Lie down on your back. Bend your legs while keeping some distance between knees and toes. With your hands behind your head lift your head, left shoulder and right leg from the ground. Pull your right knee in and bring left elbow towards the right knee. Repeat the same on the other side and alternate. Repeat this 10 to 30 times. Do all your moves slowly.





10. Lie down on your back. Keep both the legs joined together. With your hands behind your head lift legs up to 90 degrees. Lift your hands, head and shoulders from the floor and try to reach towards your feet. Hold for one second and return back. Repeat this 10 to 30 times. Do all your moves slowly.



11. Lie down on your back. Bend your legs. Keep your hands at your side with your palms facing towards the floor. Lift your hands, head and shoulders from the floor. Bend towards the left and touch your left hand to your left heel, then return back to the centre and bend towards your right and touch your right hand to your right heel. This is one repetition. Repeat this 10 to 30 times. Do all your moves slowly.

12. Lie down on stomach that is in a prone position. With the support of your elbows and toes lift your body. Keep your back flat throughout this position. Hold this for some time. Repeat this 3 times.



Breathing Precaution

The concept of BREATHING is very important when you are performing WEIGHT TRAINING. Weight Training exercise create requirement of more oxygen for muscles, which makes the breathing faster and shallower.

When you are lifting weights, you should exhale as you are doing the hardest work and inhale as you are coming back to normal position. For example, exhale as you lower to the ground during squat, when you crunch forward while doing sit-ups or when you press the barbell away from you during a bench press. Inhale when you return to the normal position.

SUGARCANE	**Helps In**
Sugarcane juice	Fever
Sugarcane juice mixed with lime juice and ginger juice	Maintains clear urinary flow and helps the kidney to perform its functions better.
Sugarcane juice mixed with lime juice	Jaundice.
Sucking and chewing sugarcane	Gives a good exercise to teeth and makes them strong.
Regular consumption of sugarcane juice	Weight gain.

sutra of stretching exercises

Stretching is the deliberate lengthening of muscles in order to increase muscle flexibility and full range of motion of the joints.

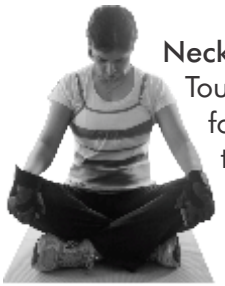
Stretching exercises help to relax tight, tense muscles and relieve stress. They also create coordination and balance which helps to keep you flexible and reduce chances of injury. They help to maintain proper posture, increase blood flow towards muscles, increase flexibility and improves day to day performance.



Neck side stretch

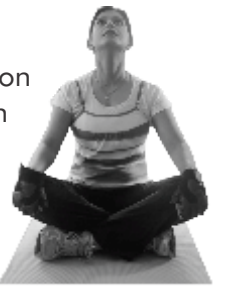
Turn your neck to left side. Hold this position for sometime, then turn your neck to right side.

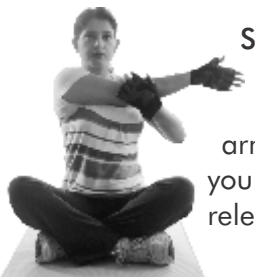




Neck and Throat Stretch

Touch your chin to chest. Hold this position for sometime. Lift your chin to stretch the throat. Hold this position for sometime.





Shoulder stretch

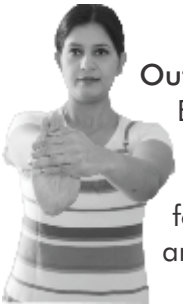
Extend right arm towards left side, use left hand to push right arm and bring the right elbow close to your chest. Hold for sometime, then release change your arm and repeat.



Inner Forearm and Biceps Stretch



Extend your left arm in front of you. The elbow point down and palm facing forward. Grab your left palm with your right hand and pull your fingers back towards your left elbow. Hold it for sometime change your hand and repeat.



Outer forearm stretch

Extend your left arm in front of you. Palm should face towards the floor, Back hand facing upward. Use your right hand to pull back left palm, so that your outer forearm stretched. Hold for sometime change your hand and repeat.

Triceps Stretch

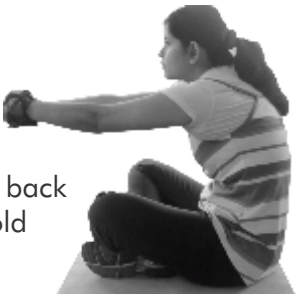


Bend your left arm. Put your left palm on your back between the shoulder blades. Elbow facing straight up and close to the back of the head. Put your right hand on your left elbow and slowly push it down towards the centre line.



Chest Stretch

Clasp your hands behind. Push chest forward and pull your shoulder back. Slowly lift your arms up. Hold the position for sometime, then release.



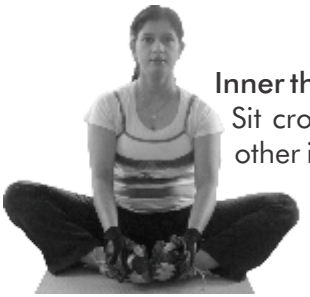
Back Stretch

Clasp hands in front of your chest. Curl your back slowly. sometime stretch your hands forward. Hold this position for sometime and release.

Abdominal Stretch



Lie down on your stomach. Keep your hands on the floor close to your chest. Slowly raise your head, shoulder, chest and stomach till your nave region, with the help of your hands. Keep your elbow straight, look straight forward or up. Hold for sometime and release.



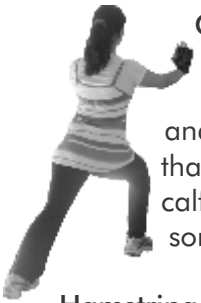
Inner thigh stretch (Butterfly)

Sit cross legged on the mat, with the heels touch each other in front of you. Clasp feet together with your hands. Try to touch knees to the floor as far they can reach. Hold for sometime and release.

Quadriceps Stretch



Stand upright and bend back one leg. Then grasp your ankle and pull your heel towards your glutes. Keep your knees close to each other and your thigh's parallel. Hold for sometime, Release and repeat with other leg.



Calf Stretch

Stand in a face towards wall position. Let your toes point straight forward to the wall. Extend the knee of the back leg and put your hand on to the wall. Then press against the wall so that the heel of your back legs moves towards the floor and your calf muscle is stretch. Don't bend the knee. Hold the position for sometime, release with other leg.

Hamstring and Glutes Stretch



Sit on the floor, keep your back upright. Right leg extended forward. Bend your left leg and touch your feet to the inner thigh of your right leg. Slowly stretch your arm bend forward, Try to hold your right leg. Hold for sometime, release and repeat with left leg.

yogsadhana in progress










yogsadhana in progress










yogsadhana in progress











yogsadhana in progress











yogsadhana in progress












yogsadhana in progress












ORANGE	Helps In
Ripe Oranges	All types of fever as the digestive power of the body is seriously hampered
Ripe Oranges	Chronic Dyspepsia
Ripe Oranges	Diseases of the bone and teeth
Two oranges before bedtime and morning.	Constipation
A pinch of salt and a table spoon of honey mixed with orange juice.	Asthma and common cold, the act of ejecting phlegm or mucus from the throat or lungs by coughing, hawking and spitting.
Orange Peel pounded with water on a piece of stone.	Pimples and acne

PAPAYA	Helps In
Juice of the papaya seeds	Bleeding piles.
Raw papaya	Dyspepsia and intestinal irritation.
Ripe papaya if consumed regularly	Chronic diarrhea and corrects habitual constipation
Papaya Juice	Removes brown spots which is caused due to exposure to sunlight and makes the skin smooth and delicate.
Paste of papaya seeds	Skin diseases like ringworm.
The juice of raw papaya	Several skin disorders.
Unripe papaya	Menstrual irregularities.
Fresh juice of raw papaya mixed with honey	Throat disorders

POMEGRANATE	Helps In
Pomegranate Juice	Digestive disorders
A tablespoonful of pomegranate juice mixed with honey	Digestive disorders.
Repeated drinking of pomegranate juice.	Control diarrhea
A sherbet of the ripe fruit	Gastric and asthmatic fever.
The skin of the fruit roasted till it is brittle and black. Then powdered, mixed with a little vegetable oil and applied over the anus.	Anal itching.

MILK	Helps In
Regular milk consumption	Weight gain
Regular milk diet	For those who are suffering from poor blood circulation.
Cold milk diet	Case of hyper acidity and other acidic conditions of the stomach.
A glass of milk, with honey taken before bedtime	Iinsomnia (sleeplessness)
A glass of hot milk, mixed with half a teaspoon of turmeric powder	Problems related with respiratory system such as common cold, tonsillitis, bronchitis and asthma.
Milk cream to which some vinegar and pinch of turmeric powder is added	Makes an effective antiseptic for cuts and wounds
Hair washed with mixture of milk and egg yolk.	Promotes hair growth and protects the scalp from all diseases.

POTATO	Helps In
Potatoes can be consumed in various preparations such as baked, steamed and in soup form.	The treatment of certain disorders such as chronic constipation.
2 to 3 teaspoons mashed raw potato juice taken before meals.	Relieves rheumatism
Potato juice half cupful two to three times a day	Stomach and intestinal disorders.
The juice of raw potatoes rubbed on the face and other portions of body before retiring for bed.	'Melt' wrinkles, banish age spots and clear the skin.
After extraction of the juice it should be boiled down to about one fifth of its original bulk and externally applied.	Treatment of swelling and other disorder condition of the joints and muscles.

BITTER GOURD	Helps In
The juice of bitter gourd every morning	Give better results in treating diabetes.
Juice of fresh leaves of bitter gourd	Piles
A cupful of fresh juice of bitter gourd mixed with a teaspoonful of lime juice taken on a empty stomach daily.	Blood disorders.
Leaf juice of bitter gourd	Is an antidote for alcohol intoxication.

sutra of weight loss plan

Day 1

• Joint Relaxing Exercise		
• Kapalbhati	30 Strokes,	3 Avartanas
• Surya Namaskar		7 Avartanas
• Padmasana	30 seconds,	3 Avartanas
• Vajrasanasth Yogmudra	30 seconds,	3 Avartanas
• Janushirasana	30 seconds,	3 Avartanas
• Vakrasana	30 seconds,	3 Avartanas
• Dutta Mudra	30 seconds,	3 Avartanas
• Supta Vajrasana	30 seconds,	3 Avartanas
• Utkatasana	30 seconds,	3 Avartanas
• Hastapadasana	30 seconds,	3 Avartanas
• Katichakrasana	30 seconds,	3 Avartanas
• Kapalbhati	30 Strokes,	3 Avartanas
• Urdhvamukha shvanasana	30 seconds,	3 Avartanas
• Shalabhasana	30 seconds,	3 Avartanas
• Naukasana	30 seconds,	3 Avartanas
• Ardha Dronasana	30 seconds,	3 Avartanas
• Ardha Pavanmuktasana	30 seconds,	3 Avartanas
• Utthita Dwipadasana	30 seconds,	3 Avartanas
• Surya Namaskar		7 Avartanas
• Kapalbhati	30 Strokes,	3 Avartanas
• Chandrabhyas		3 Avartanas
• Suryabhyas		3 Avartanas
• Anulom Vilom		3 Avartanas
• Shitali		3 Avartanas
• Bhramari		3 Avartanas
• Shavasana		

Day 2 Rest

Day 3

• Joint Relaxing Exercise		
• Kapalbhati	30 Strokes,	3 Avartanas
• Surya Namaskar		7 Avartanas
• Parvatasana	30 seconds,	3 Avartanas
• Paschimottanasana	30 seconds,	3 Avartanas
• Hanumanasana	30 seconds,	3 Avartanas
• Brahma Mudra	30 seconds,	3 Avartanas
• Vajrasana	30 seconds,	3 Avartanas
• Virbhadrasana	30 seconds,	3 Avartanas
• Chakrasana	30 seconds,	3 Avartanas
• Vrikshasana	30 seconds,	3 Avartanas
• Kapalbhati	30 Strokes,	3 Avartanas
• Surya Namaskar		7 Avartanas
• Ardha Shalabhasana	30 seconds,	3 Avartanas
• Ardha Naukasana	30 seconds,	3 Avartanas
• Bhujangasana	30 seconds,	3 Avartanas
• Viprit Karni Mudra	30 seconds,	3 Avartanas
• Sarvangasana	30 seconds,	3 Avartanas
• Halasana	30 seconds,	3 Avartanas
• Surya Namaskar		7 Avartanas
• Kapalbhati	30 Strokes,	3 Avartanas
• Chandrabhedana		3 Avartanas
• Suryabhedan		3 Avartanas
• Anulom Vilom		3 Avartanas
• Sitkari		3 Avartanas
• Bhramari		3 Avartanas
• Shavasana		

Day 4 Rest

Day 5

• Joint Relaxing Exercise		
• Kapalbhati	30 Strokes,	3 Avartanas
• Surya Namaskar		7 Avartanas
• Gomukhasana	30 seconds,	3 Avartanas
• Parivritta Janushirasana	30 seconds,	3 Avartanas
• Ardha Matsyendrasana	30 seconds,	3 Avartanas
• Upvishta Konasana	30 seconds,	3 Avartanas
• Ushtrasana	30 seconds,	3 Avartanas
• Marjarasana	30 seconds,	3 Avartanas
• Trikonasana	30 seconds,	3 Avartanas
• Prasarita Padottanasana	30 seconds,	3 Avartanas
• Kapalbhati	30 Strokes,	3 Avartanas
• Surya Namaskar		7 Avartanas
• Dhanurasana	30 seconds,	3 Avartanas
• Matsyasana	30 seconds,	3 Avartanas
• Dronasana	30 seconds,	3 Avartanas
• Pavan Muktasana	30 seconds,	3 Avartanas
• Jathar Parivartanasana	30 seconds,	3 Avartanas
• Anantasana	30 seconds,	3 Avartanas
• Kapalbhati	30 Strokes,	3 Avartanas
• Chandrabhedana		3 Avartanas
• Suryabhedan		3 Avartanas
• Anulom Vilom		3 Avartanas
• Sitkari		3 Avartanas
• Bhramari		3 Avartanas
• Shavasana		

Day 6-7 Rest

START YOUR JOURNEY TOWARDS WELLNESS...

Since 1994



www.yogasanskarsutra.com

www.gsffi.com

(Yoga and Fitness Training Kendra)

Enroll Now For

CERTIFIED INSTRUCTOR COURSES / BASIC COURSES & REGULAR BATCHES

be Your Own Yoga & Fitness Expert in

YOGA • POWER YOGA

HIGH INTENSITY WEIGHT LOSS PROGRAM

FITNESS TRAINER & MASSAGE

09892172747 / 09167355858



yoga life sutra

YOGA - LIFE SUTRA differs from any other book on Yoga and Fitness. It is a journey towards wellness. It is the only health book that covers all important aspects related to good health. It is a small effort to create awareness about health and fitness.

This book makes your journey towards wellness interesting with the help of Yoga, Workouts, Stretching Exercises, Diet, Weight loss plans and talks about the important aspects of life.

Author & Director



SHRI. GIRISH V. KADAM has developed this unique concept of **YOG SANSKAR SUTRA and FITNESS FUSION** for everyone from his so many years experience in the Yoga and Fitness. Besides being a **Yoga and Fitness Guru**, he has also served as a Physical Education Teacher in college and school, Director Little Avengers Pre-School and Multiactivity center.

Qualification

- B.ed., B. P.ed.
- Diploma in Yoga Education
- Diploma in Massage Therapy
- Diploma in Fitness Management
- Knowledge in Naturopathy
- Technical Director J.S.K.K.O. (Maharashtra)
- Referee Commission Chairman J.S.K.K.O. (India).
- Kumite Judge A.K.F. (International)
- National Referee Kumite and National Kata Judge K.A.I.
- 5th Degree Black Belt K.A.I. • 5th Degree Black Belt W.K.F.
- 5th Degree Black Belt J.S.K.K.O. (JAPAN)
- Served as a Physical Teacher in G.S.S High School & Physical Education Department Head in International School
- Author of the famous book 'YOGA LIFE SUTRA'.

Awarded

- "THANE GAURAV PURASKAR - 2015". Also known as "THANE MAYOR AWARD". (by Thane Corporation), for hard work and achievements in the field of YOGA & FITNESS, Awarded by Respected PWD Minister Shri. Ekanath Shinde Saheb.
- "BEST INSTRUCTOR AWARD - 2014" (by J.S.K.K.O.I. National level award) for his hard work to spread yoga amongst all, Achievements in the field of YOGA & success of book "YOGA LIFE SUTRA".
- "VISHESH SAHITYA PURASKAR - 2013-14" (by Sahitya Saurabh Kala Pratishthan State level award) for the great success of book "YOGA LIFE SUTRA"
- "KRIDA VAIBHAVPURASKAR - 2011" (by -Wake up Human Wake up Organization state level) for excellent performance in SPORTS.

YOGA - LIFE SUTRA differs from any other book on Yoga and Fitness. It is a journey towards wellness. It is the only health book that covers all important aspects related to good health. It is a small effort to create awareness about health and fitness.

This book makes your journey towards wellness interesting with the help of Yoga, Workouts, Stretching Exercises, Diet, Weight loss plans and talks about the important aspects of life.



Visit us @ : www.yogsanskarsutra.com