

USEFUL INFORMATION FOR YOGA CLASS ATTENDEES

Contra-Indications and Health-related instructions:

- Please come with an empty/light stomach.
- Wear comfortable clothing.
- Bring a blanket / mat.
- Ladies should avoid Sarvangasana and Viparitha Karani during their menstrual cycle. If you have back pain during that time, please avoid forward bending postures. Also, no inverted and strenuous postures during this time.
- Anyone with back pain should not do forward bending postures
- Anyone with High BP / Hypertension should not do anything vigorous.
- Participants with any medical conditions should first talk to the Instructor before they do yoga.

General Instructions for the class:

- Take care to see that you don't disturb the class.
- Discuss with the instructor if you have any problems while doing any posture.
- Have a service attitude - if required, open/close the curtains, and switch on/off the lights.

Instructions while doing the poses:

- Stop holding a pose and come to any relaxation pose if you experience any pain / giddiness.
- Have normal breathing all through. Breathe through the nose. Don't hold the breath or breathe through the mouth unless explicitly told.
- In all the relaxation poses, close your eyes, collapse the whole body and observe the breathing.

Daily sequence followed:

Prayer/Meditation, Breathing practices, Loosening Practices, Sun Salutations, Postures, Relaxation, Prayer/Meditation. Discussion, question-answer session is after the class.

PRAYERS

Opening prayer:

Sahana vavathu; sah nau bhunakthu;
Saha viryam karava vahai;
Thejaswina vadhi thamasthu; ma vidhvisha vahai.
Om shanthi, shanthi, shanthih.

Meaning:

May He protect us both (student and teacher);
May He nourish us both;
May we both acquire energy (by this education);
May we not hate each other.
Om. Peace, Peace, Peace.

Closing prayer:

Sarve Bhavanthu Sukhinah
Sarve Santhu Niramayah
Sarve Bhadrani Pashyanthu
Ma Kashchith Dukha Bhag Bhaveth.

Meaning:

May all be happy;
May all be free from disabilities;
May all behold what is auspicious;

May none suffer from sorrow.

Suryanamaskar Prayer:

OM Hreem Mitrayanama
Hiranmayena patrena
Satyasyapihitam mukham
Tat tvam pusann apavrnū
Satya-dharmaya drstaye

Meaning:

O my Lord, sustainer of all that lives,
You are like a dazzling golden bowl,
Please uncover your golden lid and
Show us the Truth and Righteousness.

SuryaNamaskar Manthras:

1. Om HrAm mitrAyanamah
2. Om HrIm ravayenamah
3. Om Hrum sUryAyanamah
4. Om HraIm bhAnavenamah
5. Om HraUm khagAyanamah
6. Om Hraha pUshNenamah
7. Om HrAm hiraNyagarbhAyanamah
8. Om HrIm marIchayenamah
9. Om Hrum AdityAyanamah
10. Om HraIm savitrenamah
11. Om HraUm arkAyanamah
12. Om Hraha bhAskarAyanamah

Meaning:

Salutations to the friend of all.
Salutations to the shining one.
Salutations to he who induces activity.
Salutations to he who illumines.
Salutations to he who moves quickly in the sky.
Salutations to the giver of strength.
Salutations to the golden, cosmic self.
Salutations to the Lord of the Dawn.
Salutations to the son of Adithi, the cosmic Mother.
Salutations to Lord of Creation.
Salutations to he who is fit to be praised.
Salutations to he who leads to enlightenment.

Pranayama Prayer:

Pranasyedam vashe sarvam
Tridive yatpratishthitham
Maatheva puthran rakshaswa
Shrishcha pragnyam cha vidhehi na ithi

Meaning:

Whatever is there on all the three places
(earth, space & heaven), is all controlled by Prana,
the Life Force. O Prana, protect us, as the mother
protects the child. Please give us the wealth & the intellect.