

Yoga & Mindfulness

Namaste!



What is Yoga?

Yoga is an ancient practice originating from India

Yoga integrates mental, physical and spiritual aspects together

The Sanskrit term “Yoga” translates to “union of body and consciousness”

This highlights a clear connection between the body and the mind

Practiced in various forms, yoga is popular worldwide.



Yoga Definitions

Yoga is the control of the fluctuations of the mind

**Yogah Citta Vritti Nirodhah
(Patanjali Yoga Sutras, 1.2)**

Yoga is the art of working skillfully

**Yogah karmasu kauśhalam
(Bhagavad Gita, 2.50)**

Detachment to success and failure. Such equanimity is called Yoga.

siddhy-asiddhyoh samo bhūtvā samatvaṁ yoga uchyate

(Bhagavad Gita, 2.48)

Yoga Sutras

Patanjali



Patanjali was an ancient Indian sage who wrote the Yoga Sutras, an important book that explains the ideas behind yoga.

In these sutras, Patanjali teaches how we can develop a calm mind, good self control and inner peace through practising yoga.

Mindfulness

Mindfulness is a skill you can learn that involves paying attention to the present moment without judgment.

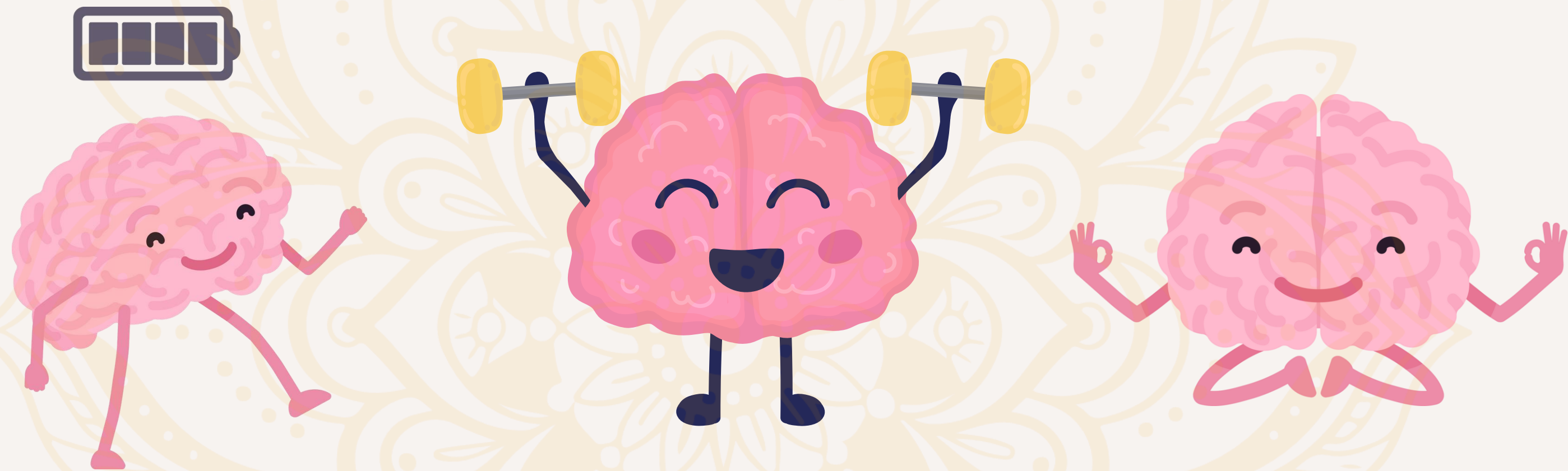


It means noticing what is happening in your mind, body or environment with calm awareness.

Practising mindfulness helps us respond thoughtfully in how we treat ourselves, each other and the wider community.

Yoga helps Mindfulness

Yoga is designed to improve flexibility, strength and balance, while also reducing stress and boosting focus and mindfulness.



People of all ages and fitness levels can practice yoga, which is not only beneficial for fitness but also promotes relaxation, self-awareness, mental health and overall well-being.

International Yoga Day

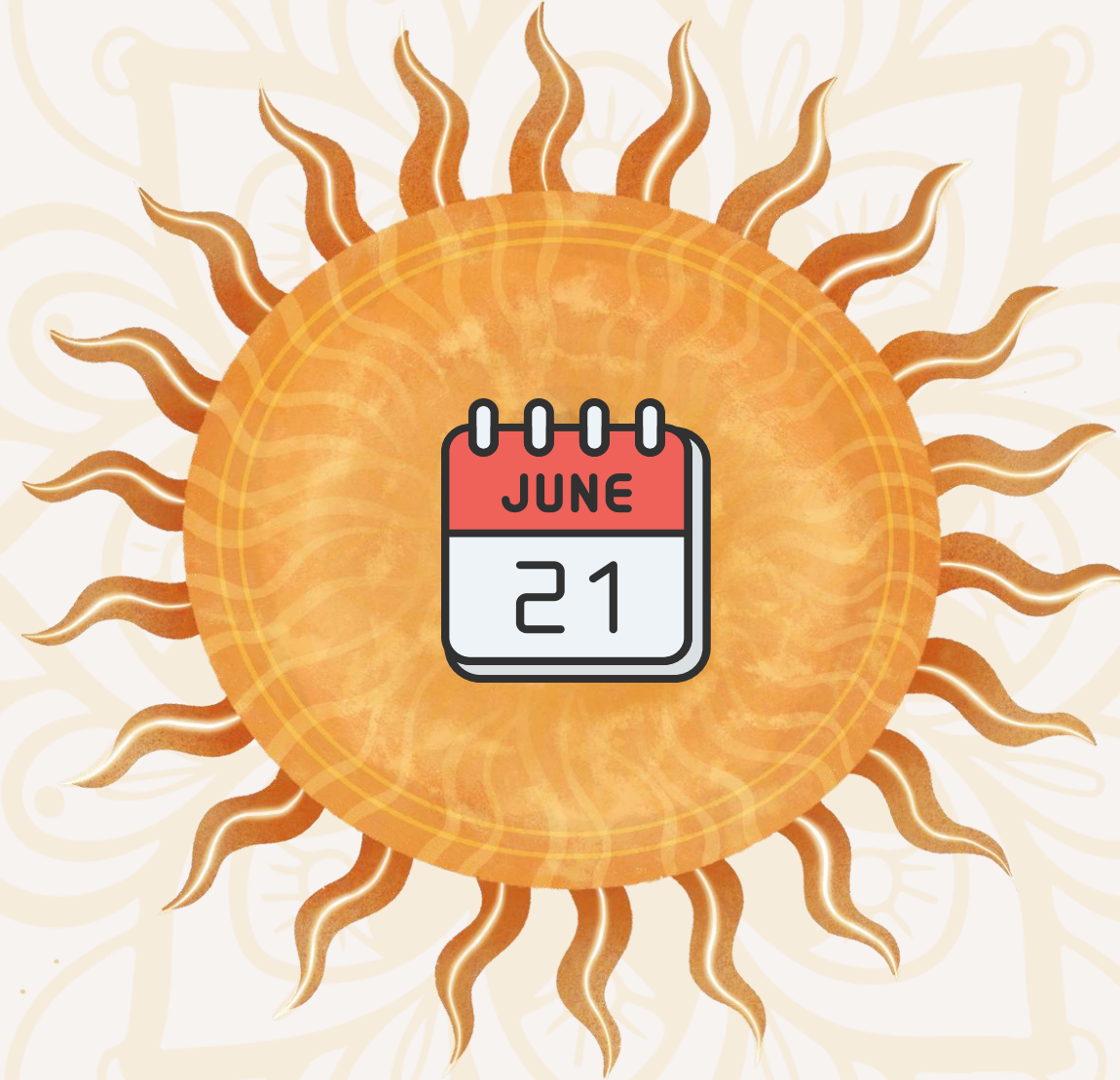
International Yoga Day is observed to raise awareness about the benefits of yoga and to encourage global health, harmony and peace.



It emphasises the importance of finding balance in our busy lives and fosters harmony within our mental, emotional and spiritual well-being.

International Yoga Day

On this day, the Sun reaches its highest point in the sky, marking the official start of summer.



This is also known as Summer Solstice.

Benefits of Yoga

Long term and regular practice of yoga brings three kinds of balance to a person's life:



PHYSICAL

Encourages a healthier diet and better sleeping habits



PSYCHOLOGICAL

Reduces mental stress and promotes positive thinking



EMOTIONAL

Creates the good conditions for self-healing mechanisms

Asanas (Posture)

Asana is a physical posture or position that is practiced along with breath control to promote strength, flexibility and balance.



Each asana has specific benefits for the body and mind, helping to improve physical health, increase mindfulness and support mental clarity.

Pranayama (Breath Control)

is a practice of controlled breathing in yoga that aims to regulate and enhance the flow of prana (life force or vital energy) within the body.



It has significant benefits for physical health, mental clarity, emotional balance, and spiritual growth. It can be practiced in combination with physical postures (asanas) or independently.

Dhyaana (Meditation)

Dhyaana is the practice of focused concentration and deep, sustained awareness.



Dhyaana helps the practitioner move beyond the fluctuations of the mind and begins to experience a deep connection with the present moment and with their true self.

Yoga is a Spiritual Journey

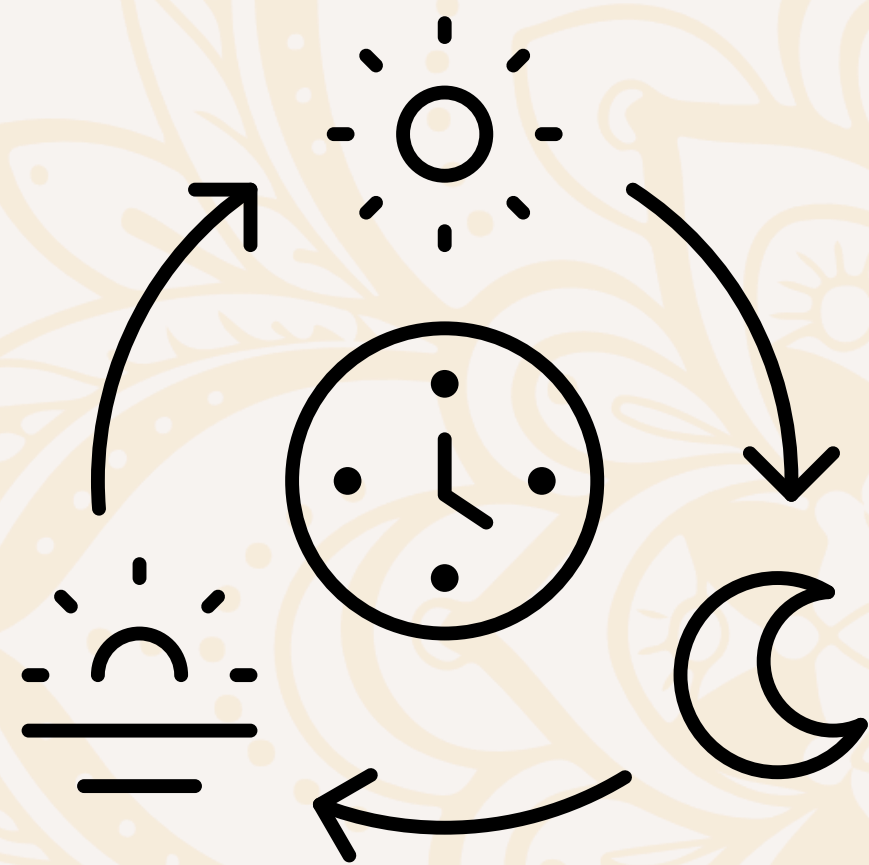
Patanjali's Ashtanga Yoga is holistic, addressing all aspects of human personality, including the social, physical, physiological, mental, intellectual and spiritual dimensions.



Yogic practices are universally applicable to everyone, regardless of creed, race, religion, nationality, or other differences, because human challenges and struggles are the same across the world.

Yoga is a Spiritual Journey

The greatest benefits of yoga are realised when it becomes a part of daily life, rather than being practiced only to address physical or mental ailments.



In other words, yoga is more effective as a preventive measure than as a treatment for specific issues.

Nataraja: “Outer action – inner stillness”

Nataraja is a form of Shiva shown as the Lord of Dance. His arms, legs and hair show powerful movement, as if he is dancing with great energy.

However, His face stays calm and peaceful, even in the middle of all that action.

This teaches that life can be busy and full of activity, but through yoga we can learn to keep the mind steady and centred.

Real balance is being calm inside, even when things around us feel chaotic.

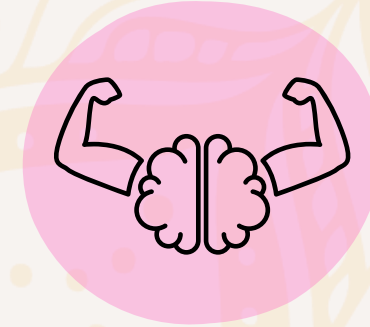


Eight Limbs of Yoga



Yama

Ethical guidelines for how to live in harmony with the world.



Niyama

Practices to cultivate personal discipline and self-awareness



Asana

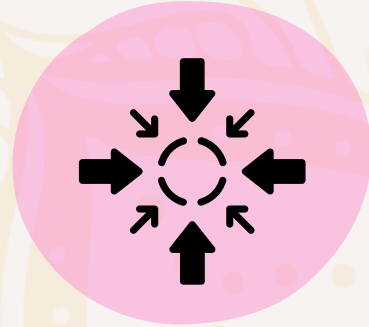
Physical postures practiced to prepare the body for meditation



Pranayama

Breath control practices that help regulate the flow of life energy (prana) in the body

Eight Limbs of Yoga



Pratyahara

Turning inward and detaching from external distractions to focus the mind.



Dharana

Developing focused attention and concentration.



Dhyana

A state of sustained concentration and mental clarity.



Samadhi

The ultimate goal of yoga: the practitioner experiences unity with the divine or true self

Quiz Questions



- 1) Explain what the Sanskrit term “Yoga” means?
- 2) What does “Mindfulness” mean?
- 3) When is *International Yoga Day*?
- 4) Name three benefits of Yoga?
- 5) A) How many “Limbs of Yoga” are there?
B) Can you name 3 of these?

Quiz Answers

- 1) Sanskrit term “Yoga” translates to union of body and consciousness.
- 2) Mindfulness is a practice you can learn that involves paying attention to the present moment without judgment.
- 3) When is International Yoga day? 21st June
- 4) Name 3 Benefits of Yoga? Physical, psychological, emotional
- 5) A) How many “Limbs of Yoga” are there? 8
B) The names are Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi

Thank You!

Dhanyawad!

