ISSUE #06

YOGAVIDYA **AUGUST 2024**



Yogena Chittasya Padena Vacham, Malam Shareerasya ca Vaidyakena, Yopa Karottam Pravaram Muninam, Patanjalim Pranjali Rannatosmi

"To Patanjali, the highest amongst Munis, who removes the impurities of the mind through Yoga, of words through Speech [language-sanskrit], and of the body through the physician [Ayurveda], I bow down, bringing my palms together."

BYK MONTHLY NEWSLETTER



From BYK Yogashala, at TSF Madanappallle Ashram

Yoga and Ayurveda

An Ancient Synergy for Modern Well-Being

Dear Readers,

As we explore the theme for this month, "Yoga and Ayurveda – An Ancient Synergy for Modern Well-Being," it's essential to understand that these two ancient sciences aren't just practices; they're ways of life.

Yoga and Ayurveda have been intertwined for centuries, each supporting the other to create a balanced, healthy, and spiritually enriched life.

Ayurveda, the science of life and longevity, offers us a roadmap to maintain health through a deep understanding of our body's constitution and how it interacts with the world around us.

It teaches us how to eat, how to live, and how to harmonize our body, mind, and spirit with the rhythms of nature. On the other hand, Yoga provides the tools to calm the mind, strengthen the body, and deepen our connection with our true self.

Together, Yoga and Ayurveda form a complete system of wellness. Ayurveda helps us understand our unique nature and how to care for it, while Yoga gives us the practices to keep our mind and body in harmony. Whether it's through asanas tailored to your dosha or dietary guidelines that keep you balanced, these practices are designed to work together to bring out the best in you.

In this edition of Yogavidya, we'll explore how you can integrate these two powerful practices into your daily life. From practical tips to deeper insights, our goal is to help you find your balance in today's fast-paced world.

We hope this issue inspires you to explore the synergy of Yoga and Ayurveda, and how they can help you lead a healthier, more mindful life.

With regards, The Yogavidya Team

In August Ed. of Yogavidya:

A way of life - Sri M Exclusive

"Talking with M" - Cartoon Series

Holistic wellness - Blog Post

The fakir, the journey within - Book Review

> Apana Mudra - Mudra Guide

5 practices to correct posture - Yoga Resource

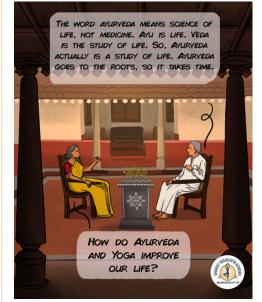
> Varsha Ritu Tips - Ayurveda Wisdom

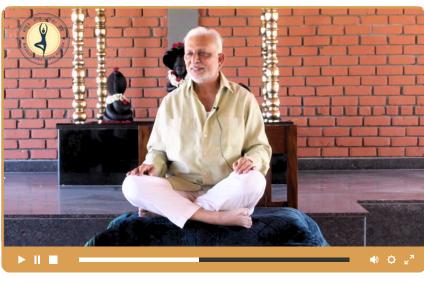
- Fully Online TTC - Ganesha Pancharatnam - Yoga Sangha reading Tenzin Palmo

AND AYURVEDA - A WAY OF LIFE

Discover the deep connection between Yoga and Ayurveda with Sri M. He shares how these ancient sciences work together to balance body, mind, and spirit for holistic health. Learn about the Ayurvedic view of health, dosha balancing, and their integration with Yoga. Watch the video to hear his wisdom!

TALKING WITH M







BLOG POST

Yoga & Ayurveda – Holistic Wellness

"Ayurveda does not look upon asanas as fixed forms that by themselves either decrease or increase the doshas. It views them as vehicles for energy that can be used to help balance the doshas, if used correctly."

– David Frawley, Yoga For Your Type: An Ayurvedic Approach to Your Asana Practice

Unlike modern medicine these practises go to the root to eliminate the cause of pain and suffering. They help activate the natural healing forces in our body. They are time consuming and require patience and effort. It is difficult to find authentic places that follow the practise of the ancient texts. But the few rare places that offer value find seekers from all over the globe.

"The natural healing force within each one of us is the greatest force in getting well." - Hippocrates

Read the full article here:



DID YOU KNOW?



In Ayurveda, the timing and intensity of your Yoga practice can significantly impact its effectiveness based on your dosha type:

Vata: Early morning (6-10 AM) is ideal for Vata types, focusing on grounding and calming poses. In the evening, a gentle practice between 6-8 PM helps unwind and relax the nervous system. Vata types should avoid overexertion, practicing for about 30-45 minutes with moderate intensity.

Pitta: Midday (10 AM-2 PM) is best for Pitta types, with a focus on cooling and balancing poses. In the evening, a calming practice between 7-9 PM is ideal to release the day's heat and stress. Pitta types can handle 45-60 minutes of practice but should avoid overly intense or competitive workouts.

Kapha: Late afternoon (2-6 PM) is perfect for Kapha types, with energizing and stimulating poses. In the evening, an active practice between 6-8 PM can help keep Kapha balanced and energized. Kapha types benefit from 60 minutes of more vigorous practice to counteract their naturally slower energy.





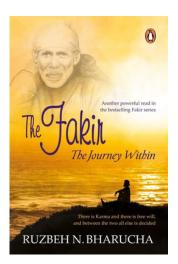
YOGA RESOURCE Come Back to Alignment

Bad posture can disrupt the natural balance and alignment of the body, leading to discomfort and health issues.

Ayurveda emphasizes the importance of maintaining proper posture to ensure the smooth flow of energy throughout the body.

In this video, we share 5 simple Yoga practices designed to correct bad posture and restore alignment. These practices not only improve your physical well-being but also support overall balance and harmony in your daily life.





BOOK REVIEW The Fakir: The Journey Within

An unexpected find which took me by surprise. I was browsing through the vast library at the Chowdepalli center when I happened to see this book. The name 'The Fakir' drew me towards the book & I picked it up to read, curious to explore the jewels within.

From the moment I started reading, it was a roller coaster ride of emotions and it did not stop till I completed reading the entire book! It is a story of the lead character who is a devotee of Shirdi Sai Baba. The author presents the concepts of eternal laws of nature, different layers of relationship between Guru & Disciple, life lessons to learn and many more through the story of this lead character. The subtle ways in which the author unfolds the messages throughout the book keeps the reader captivated. The author has also added enough humor, plot twists to ensure the reader finds it interesting and not very esoteric or dry.

The biggest takeaway personally is that it addressed many a questions, doubts I have had about the spiritual path, challenges we face on the way. It is true when the Masters say that the unseen hand of the Divine is always there guiding and pointing us to what is needed at any given situation to continue on with our journey. Getting to read this book has been definitely one such blessing.

(Book in review - <u>The Fakir - the Journey Continues : Ruzbeh N.Bharucha</u>)

MUDRA GUIDE

Apana Mudra



Apana mudra helps improve digestion and detoxify the body. It is one of the most important mudras or hand gestures for good digestion and metabolism. As per Ayurveda, Apana mudra improves functioning of the organs connected with excretion and elimination helping to balance the three doshas in the human body.

Practice Steps:

1.Sit in a comfortable position with your back straight. You can sit cross-legged on the floor, on a cushion, or in a chair with your feet flat on the ground.

2. Rest your hands on your thighs or knees, with your palms facing upward.

3. Touch the tips of your middle and ring fingers to the tip of your thumb, while keeping the index and little fingers extended and straight. The fingers should form a circular shape with the thumb, middle, and ring fingers.

4. Close your eyes if you're comfortable doing so. Take deep, slow breaths. Focus on the sensation of the mudra and the rhythm of your breath.

5. Hold this position for a few minutes. Start with 5 minutes and gradually increase the time as you become more comfortable.

6. To release the mudra, gently uncurl your fingers and return to a relaxed hand position.

Benefits:

- 1. Helps with digestive issues

AYURVEDA WISDOM Varsha Ritu

Varsha Ritu, the monsoon season, lasts from mid-July to mid-September, bringing cloudy skies and regular rainfall. This season sees the aggravation of Vata dosha and the accumulation of Pitta dosha, while Agni (digestive fire) becomes weakened. Ayurvedic Guidelines for Varsha Ritu:

- Diet: Favor foods with Amla (sour) and Lavana (salty) tastes. Eat old grains like barley, rice, and wheat, along with light soups (Yusha). Drink boiled and cooled water, and avoid heavy, difficult-todigest foods like red meat and alcohol.
- Lifestyle: Bathe with boiled water and regularly massage your body with oil to balance Vata. Medicated Basti (enema) is recommended to cleanse the doshas. Avoid heavy exercise, drenching in rain, and excessive physical or mental strain.

Following these practices during Varsha Ritu helps maintain health and balance amidst the challenges of the monsoon season.

Q&A CORNER

Q: What are the benefits of practicing Pranayama regularly, and which techniques should beginners start with?

A: Pranayama, or yogic breathing exercises, offer numerous benefits, including improved lung capacity, reduced stress, enhanced focus, and balanced energy levels. For beginners, it's best to start with simple techniques like Nadi Shodhana (Alternate Nostril Breathing) which helps calm the mind and balance the body's energies. Bhramari (Bee Breath) is another gentle practice that soothes the nervous system and promotes relaxation. We have youtube videos for those who would like to learn pranayamas, click here.

Q: How can Yoga help improve digestion and what specific poses should I practice?

A: Yoga can significantly improve digestion by stimulating the digestive organs, increasing blood flow to the abdomen, and reducing stress, which often impairs digestion. Specific poses that help include Paschimottanasana to gently massage intestines, Pavanamuktasana to relieve gas and bloating, and Trikonasana to stretch and tone the abdominal area. Practicing these poses regularly can enhance digestive health and alleviate common issues like indigestion and constipation.

Q:I am always tired. What can I do to increase my energy levels?

A: Persistent fatigue can be addressed by

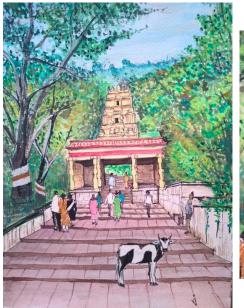
- 2. Supports the body's detoxification processes by helping to eliminate toxins and waste products.
- 3. Balances and enhances the flow of energy (prana) in the body, particularly in the lower abdomen, which is associated with the root and sacral chakras.
- 4. Relieves Constipation

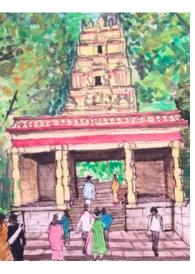
Contraindications/ Precautions:

- 1. Avoid practising right after meals, give 2-3hrs gap minimum.
- 2. Apana mudra generates strong downward pulling force, avoid if you already have diarrhoea or dysentry

ALUMNI CREATIVE SHOWCASE

(send us your work to be featured on our upcoming newsletters)





Artist: Mr Vijayasarathi

SPOTLIGHT OF THE MONTH BYK Announces Fully Online TTC

Our fully online Yoga Teacher Training Course (200 hours) brings traditional and authentic yoga training to the comfort of your home.

We understand that life is busy. Our flexible, online TTC fits into your schedule, so you can balance your existing commitments with your passion for yoga.

TTC LEVEL 1 | FULLY ONLINE | FLEXIBLE SCHEDULE

- Date: 7 Sept 2024 to 28th Dec, 2024
- Time: 3 batch options for weekdays | 11 am to 1 pm on Saturdays
- Location: Online via Zoom | On demand sessions
- Fees: ₹ 45,000 only

Perfect for beginners, this 200- hour course will help you build a strong foundation and deepen your practice to become Govt of India, AYUSH recognized, YA and IYA certified yoga instructors. Download Brochure.



adopting a balanced routine. Start by eating a diet that includes energizing foods like fresh fruits and whole grains while avoiding heavy, processed items. Establish a regular sleep schedule, practice gentle morning yoga like Surya Namaskar, and incorporate energizing Pranayama techniques such as Kapalabhati. Staying hydrated with warm herbal teas and reducing stress through daily meditation can also help boost your energy levels.



Learn and share with a community of like minded seekers

Dates: 3 - 26 Sept | Every Tue & Thurs Time: 7:00 - 8:00 pm IST Fee: INR 1,000 US\$ 54 Mode: Online Via Zoom





Write to us for any queries, or if you'd like to contribute to Yogavidya