

Harmonization exercises I

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Topics:

- 1) Harmonization exercises – introduction
- 2) Principles of yoga
- 3) Breathing – pranayama
- 4) Relaxation
- 5) Meditation
- 6) Basic yoga asanas

Principles of Yoga - The Five Principles of Yoga

The Five Principles of Yoga are the basis of attaining a healthy body and mind through the Practice of Yoga.

The following are the main general principles of traditional yoga.

Ayurveda and Yoga complement each other for an overall balanced and healthy lifestyle.

- **Principle 1: Proper Exercise**
- **Principle 2: Proper Breathing**
- **Principle 3: Proper Relaxation**
- **Principle 4: Proper Diet**
- **Principle 5: Positive Thinking and Meditation**

Principle 1: Proper Exercise

- Yoga postures, yoga poses, (Asanas)
- Yogic physical exercises are designed to develop the body, calm the mind and to lead to spiritual growth.
- The physical body needs to move and exercise to maintain good health.
- Proper exercise and asana practice should be pleasant and also beneficial to your body, mind and spiritual life.

- Yoga poses – steady poses which are held for some time.
- The goal is to increase spine flexibility, strengthen the muscles and improve the concentration.
- The body is only as young as it is flexible.
- In the spine column the all-important nervous system and energy channels are located.
- Yoga poses have positive effects on the internal organs and the endocrine system.

Principle 2: Proper Breathing

- Breathing techniques help you use the lungs to their maximum capacity while you learn how to control the breath.
- Proper breathing should be deep, slow and rhythmical.
- Control of the breath means control of the mind.
- Pranayama also increases vitality and mental clarity.

Principle 3: Proper Relaxation

- The yogis of ancient India devised powerful techniques for deep relaxation.
- Many modern stress-management and relaxation methods borrow heavily from the yogic traditions.
- By deeply relaxing all the muscles, you can clean the nervous system and attain a deep sense of inner peace.

- Proper relaxation should happen at the physical, mental, and spiritual levels.

!! No relaxation – tiredness, headaches, tension, stress → may lead to serious illness.

Principle 4: Proper Diet

- The food you eat has a profound effect on your mind.
- For optimal body-mind health and spiritual progress, yoga advocates a *sattvic* (pure), lacto-vegetarian diet (consists of food that is easy to digest, nourishing, and promotes clarity and purity of mind, such as grains, vegetables, dairy, fruit, and nuts).

- The energy of meat and meat products is both *rajasic* and *tamasic*. Eating meat makes the mind more distracted, restless and dull.
- Digesting meat also requires a lot of energy from your body that could be better utilized for healing and meditation, and makes you more aggressive, discontented (you have more desires), and unhealthy. Basically, eating meat and doing yoga is a contradiction in itself.

Principle 5: Positive Thinking and Meditation

- This is the most important point of all and the aim of the previous four points.
- Your mind will be slowly controlled and purified by the regular practice of meditation.
- The way we think highly affects our way of life.
- Practice keeping a positive outlook in life, this will facilitate in having a peaceful mind.
- Positive thinking and Meditation helps you remove negative thoughts and puts your mind under perfect control.

Patanjali Sutras

- **Yamas and Niyamas: Ten ethical precepts that allow us to be at peace with ourselves, our family, and our community.**
- **Asanas: Dynamic internal dances in the form of postures. These help to keep the body strong, flexible, and relaxed. Their practice strengthens the nervous system and refines our process of inner perception.**
- **Pranayama: Roughly defined as breathing practices, and more specifically defined as practices that help us to develop constancy in the movement of prana, or life force.**
- **Pratyahara: The drawing of one's attention toward silence rather than toward things.**
- **Dharana: Focusing attention and cultivating inner perceptual awareness.**
- **Dhyana: Sustaining awareness under all conditions.**
- **Samadhi: The return of the mind into original silence.**