


# Complete Yogic Lifestyle Routine with Sutras & Meanings (Sections 1–8)


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## 1. Wake-Up (Brahma Muhurta)

-  **Mantra:** ॐ भूर्भुवः स्वः तत्सवितुर्वरेण्यं भर्गो देवस्य धीमहि धियो यो नः प्रचोदयात्॥


*Meaning: Let us meditate on the most adored Supreme Lord, the creator, whose divine light illuminates all realms (physical, mental, and spiritual). May this divine light guide our intellect. (Rigveda 3.62.10)*

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-  **Shloka:** उत्तिष्ठत जाग्रत प्राप्य वरान्निबोधत। क्षुरस्य धारा निशिता दुरत्यया दुर्गं पथस्तत्कवयो वदन्ति॥

*Meaning: Arise! Awake! Approach the great and learn. Like the sharp edge of a razor is that path—so the wise say—hard to tread and difficult to cross. (Kathopanishad 1.3.14)*


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-  **Sutra:** योगश्चित्तवृत्तिनिरोधः॥

*Meaning: Yoga is the cessation of the fluctuations of the mind. (Patanjali Yoga Sutra 1.2)*

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## 2. Cleansing / Bathing (Snana)

-  **Shloka:** गङ्गे च यमुने चैव गोदावरि सरस्वति। नर्मदे सिन्धु कावेरी जलस्मिन्सन्निधिं कुरु॥

*Meaning: O sacred rivers Ganga, Yamuna, Godavari, Saraswati, Narmada, Sindhu, and Kaveri—may your divine presence be in this water. (Traditional)*

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### 3. 🌞 Pre-Yoga Practice Invocation

- 🕉️ Mantra: ॐ श्री गुरुभ्यो नमः॥

*Meaning: Salutations to the revered Guru. (Guru Vandana)*

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- 📖 Shloka: सर्वे भवन्तु सुखिनः सर्वे सन्तु निरामयाः। सर्वे भद्राणि पश्यन्तु मा कश्चिद्दुःखभाग्भवेत्॥

*Meaning: May all be happy, may all be free from illness. May all see only what is auspicious. May no one suffer. (Yajurveda)*

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- 📖 Sutra: अभ्यासवैराग्याभ्यां तन्निरोधः॥

*Meaning: It is through practice and detachment that the fluctuations are controlled. (Patanjali Yoga Sutra 1.12)*

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### 4. 🧘 During Asana-Pranayama Practice

- 📖 Verse: योगः कर्मसु कौशलम्॥

*Meaning: Yoga is skill in action. (Bhagavad Gita 2.50)*

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- 🕉️ Mantra: ॐ हनुमते नमः॥

*Meaning: Salutations to Hanuman, the symbol of strength, energy, and devotion.*


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### 5. 🍽️ Before Eating (Bhojana Mantra)

- 📖 Shloka: ब्रह्मार्पणं ब्रह्म हविः ब्रह्माग्नौ ब्रह्मणा हुतम्। ब्रह्मैव तेन गन्तव्यं ब्रह्मकर्म समाधिना॥

*Meaning: The act of offering is Brahman, the offering itself is Brahman, it is offered by Brahman into the fire of Brahman. He who sees Brahman in every action reaches Brahman alone. (Bhagavad Gita 4.24)*


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-  Quote: अन्नं ब्रह्मेति व्यजानात्॥

*Meaning: Food itself is Brahman. (Taittiriya Upanishad)*


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## 6. Work / Karma Yoga Time

-  Verse: कर्मण्येवाधिकारस्ते मा फलेषु कदाचन। मा कर्मफलहेतुर्भूर्मा ते सङ्गोऽस्त्वकर्मणि॥


*Meaning: You have the right to perform your prescribed duties, but you are not entitled to the fruits of your actions. (Bhagavad Gita 2.47)*

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-  Verse: सिद्ध्यसिद्ध्योः समो भूत्वा समत्वं योग उच्यते॥

*Meaning: Being even-minded in success and failure is known as Yoga. (Bhagavad Gita 2.48)*


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-  Mahavakya: अयमात्मा ब्रह्म॥

*Meaning: This Self is Brahman. (Mandukya Upanishad 2)*


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## 7. Midday Rest / Reset Time

-  Upanishadic Quote: शिवं शान्तं अद्वैतं चतुर्थं मन्यन्ते स आत्मा स विज्ञेयः॥

*Meaning: That Self is Shiva, peace, non-dual—the fourth state, to be known. (Mandukya Upanishad)*

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-  Yoga Vashishtha Shloka: मन एव मनुष्याणां कारणं बन्धमोक्षयोः॥

*Meaning: The mind alone is the cause of bondage and liberation. (Yoga Vashishtha)*

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- ॐ Mantra: सोऽहम्॥

*Meaning: I am That (the supreme Self).*

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## 8. 🏠 Evening Reflection / Dinner

- 📖 Shloka: धर्म एव हतो हन्ति धर्मो रक्षति रक्षितः। तस्माद्धर्मो न हन्तव्यो मा नो धर्मो हतोऽवधीत्॥

*Meaning: Dharma destroys those who destroy it. Dharma protects those who protect it. Therefore, Dharma should not be destroyed, lest it destroy us. (Manusmriti 8.15)*

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- 📖 Sutra: युक्ताहारविहारस्य युक्तचेष्टस्य कर्मसु। युक्तस्वप्नावबोधस्य योगो भवति दुःखहा॥

*Meaning: He who is moderate in eating, recreation, working, sleeping, and waking, achieves Yoga which destroys all sorrows. (Bhagavad Gita 6.17)*

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