



Welcome to yoga with Yoga Restore - See page 2 for the 8 limbs

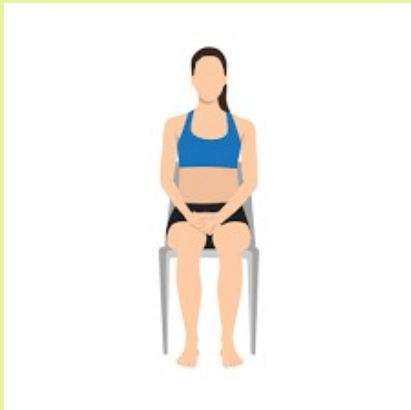
"You are only as young as your spine is flexible."



Down dog - many of the poses are names of animals.



Note: Every pose can be adapted to suit the individual's own range of movement.



Seated relaxation or alternative position for yoga breathing



We work towards lengthening up the spine and make space between the intervertebral discs.

Yoga is energising yet calming. You can change your mental state by regulating your breathing. When your emotional state changes, it affects your breathing. Calm your mind and improve your physical and mental health. Quote from Shyam Mehta who works as an actuary and is an expert yogi: "My yoga training enables me to concentrate for hours at a stretch and cope with the pressures of work". (Never say that you don't have time to practise yoga ... practising gives you more energy to cope with all your tasks and you may well become more productive).

When lying relaxation is done on a lift, the mind and body relax well as the chest is open, and breathing comes easily. The posture strengthens the lungs and is thus a good preparation for pranayama.



Sage Patanjali's Eight Limbs of Yoga

- **Yamas are moral disciplines similar to the Ten Commandments** (Ahimsa - non-violence; Satya - truthfulness; Asteya - non-stealing; Brahmacharya (pure way of life); Aparigraha - non-accumulation of possessions)
- **Niyamas are duties directed towards ourselves** (Saucha - purity/cleanliness; Santosha - contentment; tapas - self-control and self-discipline; svadhyaya - study of the holy scriptures; Ishvara pranidhana - devotion to God.
- **Asanas** (physical postures - proper warm up required before practising full asanas - use "Pavan Muktasana" to clear blocked energy and knots in the body)
- **Pranayama** (this starts with a basic improvement in breathing - learning the complete breath in which all parts of the lungs are used in the course of every in and out breath. Tidal volume is dramatically improved. Then moving onto pranayama. Note that you can sit in a **chair to practice yoga breathing and pranayama**. The latter involves a system of techniques used to harness and manipulate universal energy known as prana. Pauses between breaths, for example, bring inner stillness. No willpower is needed for the practice of pranayama - no forcing - it is a progressive practice and is always harmonious.
- **Pratyahara** (withdrawal of the senses towards silence)
- **Dharana** - concentration brings calmness. Examples in every day life are engaging hobbies such as sewing, building a model. An example in yoga is drishti (concentration on one thing)
- **Dhyana** - meditation (you can sit in a chair to meditate - the lotus pose is not compulsory!); sustaining continuity of focus, absorption
- **Samadhi** - Enlightenment or Bliss - the return of the mind to original silence

The word 'Yoga' means Union. It is related to the English word 'Yoke' - our aim in practising yoga is to harness the wayward mind. Yoga originated in India, perhaps even before 3000 BC, and may have originated 6000 BC.

Some of the main paths of yoga are:

- Bhakti yoga - yoga of love, devotion and worship.
- Karma yoga - yoga of action and service: For example, carrying out tasks with full mindfulness and with no thought of self
- Gnana yoga - yoga of wisdom. For example, reading books about and educating yourself about yoga
- Mantra yoga - using voice and sound to enhance spirituality/chanting
- Raja yoga - royal yoga, mental mastery achieved by following the path outlined in Sage Patanjali's yoga sutras. Following the path to affect the mind through the body. Through yogic techniques, gaining inner control of the body, the energy of prana (life force), the senses and the mind.