

Swasti Yoga diaries

Yoga Career Tips

Planning on being a jet-setter and travel world teaching yoga? From finding best training for AYUSH yoga certification to mock exams and international yoga opportunities, these career secrets will definitely help you get going!



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Swasti Yoga diaries

Feminine Yoga

Basic tips for girls and women to stay fit and healthy through yoga.

Yoga for Third Eye

Discover the immense power of yoga in balancing your neuro-endocrine system.

ISSUE 3 January II 2020



Scan the QR code for attractive discounts on courses.

15

Yogic Games

Teachers of Swasti Yoga have designed unique game to teach children the concepts of- YOGA

30

Pranayama Basics

The Yoga certification scheme has undergone a lot of modifications in the recent years. Let's get the updates on the same.



Conference

69 IAA, Pune

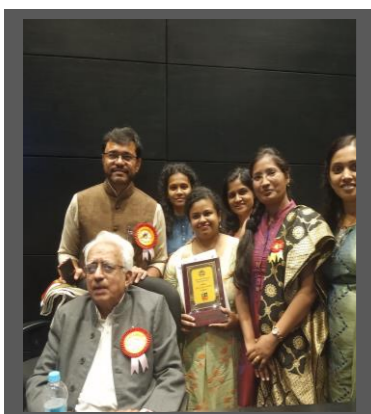
More than 200 researchers globally participated



YCB Auditor

Bareilly

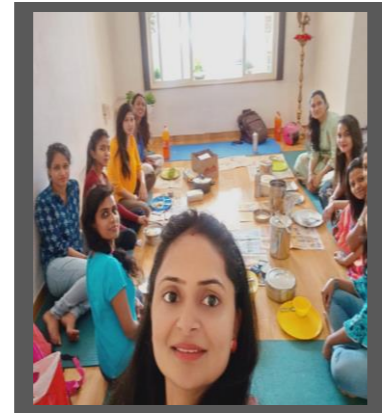
Dr. Vikas Chothe selected as assessment expert under AYUSH scheme



Award

Best paper- Yoga in OCD

Mansi Muke, Level 2 student won the award for her paper presentation



Pot luck

Swasti Yoga Chinchwad

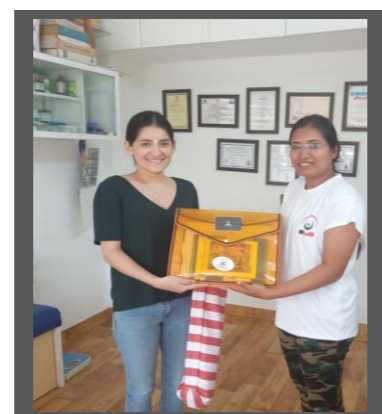
Organized by Faculty- Hina Dubey and students of Level 1



Historical

Visit to Shaniwar wada

Rebeka Muranyi, Hungarian student having cultural tour



Mexico

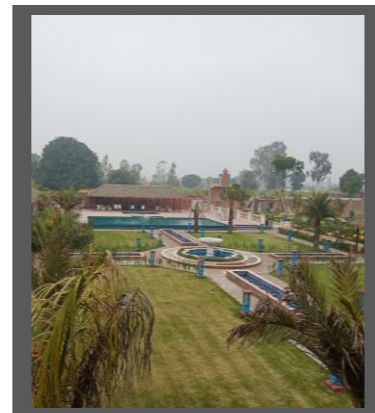
Yoga Foundation & Level 1

Dr. Veronica Sanchez, neonatologist also helped in Spanish translation of Yoga book



Health awareness Day

Students enjoyed yoga workshop and pledged to spread awareness



Namaste Dwar

5 star luxury Yoga and Ayurveda resort

An iconic heritage yoga centre audited by Dr. Vikas Chothe



Iceland

Level 1-intensive

David Tryggvason successfully completed Level 1 yoga course

Jan-2020

Hello Travellers

Y

oga has really gained popularity over the years especially after the launching of International Yoga Day. It has been practiced for thousands of years in older civilizations and has evolved with time. Stress, anxiety, sleeplessness, depression and obesity have become global epidemics and people of all age groups and geographical areas are falling prey to these diseases due to faulty lifestyle. Yoga today is emerging globally as a savior through lifestyle modification factor.

The growing global appeal for yoga is bringing international investors to Indian market. Many yoga chains are being funded by icons like Jennifer Lopez, Malaika Arora and other celebs.

Now a day's yoga is emerging as a fashion statement. Most celebs from Bollywood to international artists do yoga with loud music and in fancy studios with large mirrors. Such practices sometimes mar the purpose of going within and creating self- transformation. Celebrities with huge fan following should take care that right message about yoga and its practices is propagated. Apart from yoga postures food has a great role to play in yoga practice. Most of the people feel that vegan food is Yogic food. This is a misconception. Yoga talks about mitahar, which means measured food which can satisfy the hunger and won't create lethargy. The emotions or bhava during food consumption, speed of eating, the ambience, emotions of cook during cooking and utensils used for eating food are also considered in yoga.

The Government of India has set a target of setting up 12,500 Ayush centres across India up to 2022 for promotion of yoga. Under this plan more than 30 teachers of Swasti Yoga have been appointed by Government of Maharashtra as Yoga instructors for different Primary Health Centres and Government hospitals under National Health Mission and AYUSH Ministry. Swasti Yoga congratulates all its teachers for actively participating in Ministry of AYUSH initiative and promoting yoga in rural countryside.

To The Spirit of Union!

Dr. Vikas Chothe

Editor-in-Chief

Dr. Shwetambari Chothe

Editor



“Yoga does not transform the way we see things,
It transforms the person who sees.”
-B. K.S. Iyengar



Typical day in the life of a Working Woman

Yoga For Women Health



05 :30 am



6:00 to 7:00 am



7:00 to 8:00 am



8:00 to 9:00 am



9:00 am to 6:00 pm



6:00 to 10:00 pm

Day 2,3,.....



From the time of origin, woman has been worshipped as the female energy in various cultures. However, the strain of modern life has led to physical pain and illness, as we neglect our bodies in the race of material and social success.

YOGA FOR ADOLESCENT AGE-

This period shapes the entire lifetime of young girls as they undergo major changes in their body and mind. Practice of PRANAYAMA helps to calm the restless, fearful and confused teenage mind.

Asanas such as DHANURASANA, VAJRASANA, PARVATASANA, VIRBHADRASANA, TRIKONASANA, NAUKASANA – helps to develop regular menstrual cycle, muscular strength, avoid obesity, develop healthy reproductive organs by keeping hormones in balance.

PRENATAL YOGA-

Asanas such as BADHAKONASANA, SHAVASANA, YOGA NIDRA and PRANAYAMA such as BHRAMARI, NADI SHODHAN helps strengthen uterine muscles and support spine.

POST NATAL YOGA-

Asanas such as SETU BANDHASANA, SHASHANKASANA, USHTRASANA, VEERBHADRASANA, PRANAYAMA AND YOGIC BREATHING helps for better sleep, reduce anxiety, balances hormonal levels.

YOGA FOR OLD AGE-

STANDING ASANAS - TRIKONASANA

SITTING - BADHAKONASANA, SHASHANKASANA

LYING ON STOMACH - BHUJANGASANA

ON BACK - SHALABHASANA, PAWANAMUKTASANA, NAUKASANA

PRANAYAMA- BRAHMARI, ANULOM VILOM

YOGA NIDRA

Incorporating yoga into your routine helps to:

- Enhance your health.
- Increase strength and flexibility
- Reduce stress, depression and anxiety.
- Dr. Meenal Kolambkar



W

Whenever I look back toward my yoga journey I always felt that this is something which already exist in my DNA and there is nothing new to me... My Nananji was yoga Pandit from Yoga vidyadhaam Nasik, and however our parents teach all values, ethics, manners and all just

like that my mom gave us this beautiful tradition of yoga ! our every morning used to start with yoga-asanas, breathing practices etc. but as kid I never took it seriously.

There after moving in to my teenage I love to try many more fitness regime but the morning yoga session with mom was still constant! However people meet their family on dinner table we used to start our day by stretching together... Time was moving quickly I was studying and In between I got certified as fitness instructor, nutritionist, zumba trainer and looking for some training regarding to yoga certification and fortunately I found SWASTI yoga !

I was having my level 1 training in Karve Nagar Pune, I used to travel weekly from Ahmednagar to Pune(125km approx) after session I came back to home and used to study for rest of the week, this was routine for few months, I gave mock exams then once my mentor sure about me, I applied for the examination.

We all learnt about “कर्मण्येवाधिकारस्ते मा फलेषु कदाचन” with out having any expectation I was studying with full of my devotion, and results was so beyond expectations that I came 1st in my District!

Moving further, I really want to learn more about our yogic philosophy so I took residential admission for level2 in Chinchwad yoga shala in last year. And I think I'm blessed student to get your gurus around you by 24/7. That learning experience was amazing starting from early morning yogasana batch, afternoon session with vikas sir(some time it's really became hectic to study theory for so long but vikas sir used to keep session light, plenty of day to day example and so on) to end up night session with shweta mam, I told her number of times that I have never studied anatomy with that much ease. And here also I cleared my exam in 1st attempt.

Now I'm having my yoga classes in Mumbai and another journey has started. you learn many more things from your student, everyone has different perspective and learning is eternal process. I think my journey has started now and there are so many things to discover about yoga!

- Prof. Ruttuja Bhusey

-Associate faculty- Swasti Yoga Centre,, Mumbai.

-Yoga instructor at Body temple studio, Santacruz

-Assistant professor at Parle foundation's

M.L.Dahanukar College, Vile Parle Mumbai.

-Zumba instructor, Fitness trainer, nutritionist & forever learner.



Pranayama Workshop- A guide to stress free living!

A wonderful thought provoking lecture was conducted at Swasti Yoga, Koregaon Park branch at Sunderban Resort this 15th December 2019. Dr. Sharadchandra Bhalekar, the guest speaker is an Ayurvedacahraya with his master degree in

Counselling and Psychotherapy. He is currently designated as principal of Kaivalyadhama, Lonawala. He has also authored two books: Pranayama Mudra & Meditation and Anatomy Physiology of Yoga. Under his supervision the workshop on Pranayama was titled "Pranayama- A Guide to control Stress".

Dr. Bhalekar covered some of the important links between stress, diseases and yogic breathing techniques. Human body to survive or exist on the earth requires many things. The two basic things that every physical structure requires are oxygen and glucose, which stores energy to body. Aerobic cellular respiration breaks down glucose molecules, storing the energy released during the process in molecules of ATP (adenosine triphosphate), which provide the energy needed for cell(s) to do work. However, glucose is the main molecule our bodies use for energy and we cannot survive without it, but to generate oxygen we have to breathe continuously. If breath is still and steady our metabolic activities will be rhythmic and will control many internal activities such as digestion, metabolism, respiration, menstruation. Along with Hypothalamus it keeps our body with Homeostasis.

On survey, today most of the humans are prone to stress and other external disturbances. This leads to psychosomatic disorders like diabetes, hypothyroidism, constipation, hyper acidity, PCOD etc. The root cause of all these issues is stress (imbalance of hypothalamus). To overcome this, everybody has to habituate doing Pranayama, which controls stress and balances the regular activities of body.

As pranyama is control of breath. A growing body of research supports the belief that yoga may improve physical and mental health through down-regulation of the hypothalamus pituitary adrenal (HPA) axis and the sympathetic nervous system.



The physical activities of human body get adjusted by still or steady breath. It compresses anxiety, fear and also pain. When the prana in the body is low, one tends to be more lethargic, dull, and unenthusiastic. Toxins then accumulate in the body and pain, stiffness or disease set in. Through the practice of yoga and pranayama, prana begins to flow, allowing toxins to be released and removed. Rhythmic, deep and slow respiration, hypothalamus activates parasympathetic system and is stimulated by calm, content, states of mind

Effect of Pranayama : During Vedic period there is no term like Puraka, Rechaka and Kumbhaka which are the stages of

pranayama. The only way the pranayama used to be done earlier days by chanting AUM. People used to take a deep breath and say AUM slowly in one long exhalation, by doing so for 15 to 20mins all the vital organs obtains sufficient rest. Parallel it also relieves from stress. Hence regular practise of pranayama i.e.; leads to monitoring of hypothalamus brings out breath in rhythmic.

- Swapna Sasanpuri: AYUSH certified Yoga Instructor, pursuing Level 2 at Swasti Yoga. She is also Yoga instructor at Government health centre in Karla





Jan 2020

Little Yogis' Games (Live in the moment and enjoy the game....)

Combining Yoga philosophy in games is great combination which makes Kids a great "Little Yogi".

Learning always easy when it's fun. Playing games allows Kids to use their creativity while developing their imagination, dexterity and physical cognitive and emotional strength. Play is important for the healthy brain development. It also helps in personality development.

Play helps kids develop language and reasoning skills, encourages autonomous thinking and problem solving as well as helps improve their ability to focus and control their behaviour.

Combining Yoga philosophy in games is great combination which makes Kids a great "Little Yogi". Few example are..

Sadhak tattva:

- **Enthusiasm (Utsah):** Whatever game/action performs should be performing with enthusiasm.
- **Courage (Sahas):** With courage accept challenge perform in any game.
- **Perseverance (Dhairya):** No matter what happen Win or Failure in game one should practice.
- **Discriminative knowledge (Tattvajnana):** What is good/bad, happy/sad, one should get the knowledge of it.
- **Determination (Nischaya):** While playing or doing any asana or any other task should have determination.

Now a day's seen many kids they are more active, intelligent and sharper. They learn things very fast and also implement things only by observing. Teaching yoga to this age group is quite changeling task. Yogic games make this challenge quite easy.

As a kid's yoga teacher, I get the chance to explore artistic, creative ways of sharing the practice and its benefits every time. Here are the few sections which we have explored with our "Little Yogis".

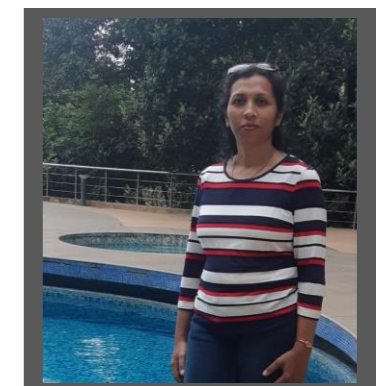
- **Brain exercise:** Its movement based exercise which uses simple movements to integrate the whole brain, senses and body. These exercises not only help kids whereas they work for adults as well!
- **Brain Games:** Brain boosting memory games help improves memory in a fun and entertaining way. Memory games help exercise your child's brain, improve concentration, enhance, cognitive functionality, trains visual memory, boost focus and attention.
- **Balancing asana games:** The physical benefits are strength, stability, coordination and improved posture. Off the mat, balance asana helps in relieving stress and reducing inner tension. Also, they improve focus, concentration and memory.
- **Partner game:** Partner yoga game brings kids together through movement, play, breath, touch and importantly. Some of the benefits of partner Kids yoga: accelerate Stretching Improve self awareness and trust, power of touch, Improves alignment, balance and posture, Increases FUN!



- **Breathing games:** Breathing plays important role in Yoga. Creating yoga game with Pranayama technique like Bhramari, inhalation, exhale, deep breath etc. Make kids aware of different breathing techniques.
- **Asana competition:** Asana improves physical strength, Brings Equanimity of mind & body. This Asana games not only are they helpful in teaching different yoga poses, but they support children's learning in a variety of ways. Eg, Musical mat and Pose detective, sense of Pose (verbal linguistic), Yoga Pictionary (interpersonal/visual-spatial).

Little Yogis enjoy playing games which prepare them for their future. It helps them to aware their own potential, Accept failure and success with balance mind, calm down mind, increases focus and lastly most important to be in present and Enjoy each movement.

- Kavita Ubhaykar
- Level 2 student and Kids Yoga practitioner



Pratipaksha Bhavna is a useful method in Ayurveda for promoting healthy thinking. This term has 3 parts –

1. 'Prati' which means opposite
2. 'Paksha' which means side
3. 'Bhavna' which means emotions/feeling/way of thinking

So Pratipaksha Bhavna means thinking of the opposite side (which is positive side) when negative thoughts come to our mind.

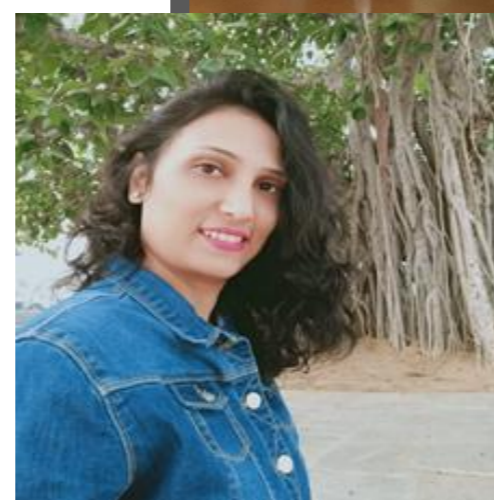
Now the question is, why it is important or why we should apply this Pratipaksha Bhavna?

As a human when we are emotionally disturbed from inside (reason being someone else and which directly affect our mind as vrittis), we feel the pain and slowly it affects our whole body or sometimes it gets converted into a disease (known as psychosomatic disease). Slowly we become psychologically and neurologically habituated to these toxic emotions. In such cases many times we are just unaware of the exact root cause of that disease and keep thinking that why this happened to me only? The reason behind this is our way of thinking or stress which gets converted into disease and the solution for this is Pratipaksha Bhavna. When we apply this Pratipaksha Bhavna, we slowly find changes in our thinking and the way it brings positive changes in our nature and body.

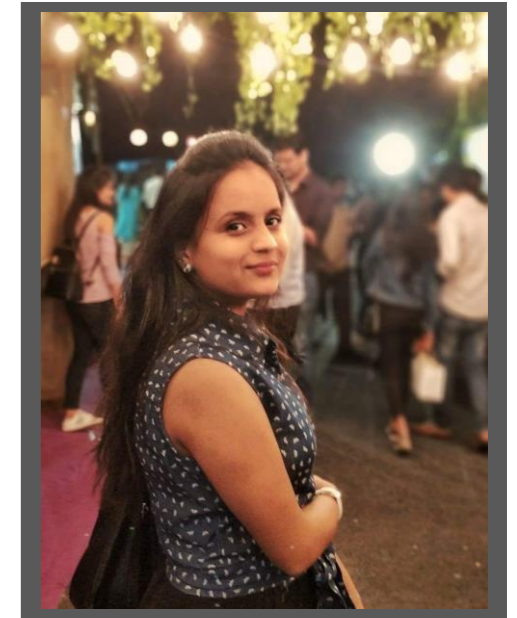
Patanjali suggests replacing anger with pleasure, violent thoughts with peaceful one, hate with love and our feeling of tension or stress with relaxation and contentment. Sometimes we feel jealous because of others progress or happy life and it disturbs our own mind. In such cases we should rather find out the reason behind that happiness or the good things about those people or the good practices that they are following and try to apply those to ourselves. Slowly we will find that our way of thinking towards that person gets changed into positive ones and we start seeing positive changes in ourselves. Ultimately, we feel happy, positive and joyful. This might seem to be difficult in the initial phases but slowly we start seeing positive changes and then it becomes more interesting. So, cultivate your negative thoughts with positive ones and be happy.

Darshana Agarkar

Level 1 Yoga student at Swasti Yoga and IT Engineer by profession
I love the philosophy of Yoga and love to visit ancient places in India



“Winter care” - by Ayurveda and Yoga



In Charak Samhita, the ancient Ayurveda text it is said that, conquering your senses is a great tool for the human being to be happy. Yoga helps to process this. In Patanjali Yoga Darshan, Yoga is defined as to control the inner behaviour of mind and body. Both Ayurveda and Yoga are of the same era and have been created for the same purpose of welfare of the people. Ayurveda and Yoga always go hand in hand. Ayurveda is related to physical, mental, spiritual and overall health. Similarly Yoga is related to mental health and spirituality through physical health. Ayurveda and Yoga both have Ashtang Path. In hatha yoga pradiipika, there is reference of tridosha, Dhatu, Mala, Agni etc. which is explained in Ayurveda texts.

In Yoga therapy ‘Shatkarma’ are explained for the ‘Sharirshudhhi’ i.e. detoxification of the body and the ‘Panchakarma’ therapy has been explained in Ayurveda for the same. In Ayurveda, Dincharya (Daily regime) and Rutucharya (Seasonal Regime) are explained to keep the mind and body healthy throughout year in every seasons.

The current season is our favourite Winter season. According to Hindu calendar, it comes under “Hemant and Shishir Ritu”. In this season, due to cold weather, Vata Dosha increases and Kapha Dosha starts accumulating in the body. The digestive Fire (Agni) is high as the

excessive heat gathers into core due to constriction of blood vessels. That is why, there is less body sweating during this season than any other. Taste buds increase and so does the digestion power. That is why sweet, sour, salty taste and heavy natured foods are recommended but according to hunger.

“Abhyanga” (self-body massage with oil) and “Udvaltana” (body scrubbing by herbal ubtan/powder) are also important rituals of the winter season. Externally abhyanga and Udvaltana helps to liquefy the increased kapha dosha (fats) due to hot properties of oil and herbal ubtan/powder. This process enhances skin texture, increases digestive fire, release tension from muscles, strengthens bones and relaxes every part of body.

This season is healthy and best for physical exercises. Physical activities will help to eliminate excess fats and also helps to generate sweat through body. In Ayurveda texts, ‘Vyayama’ (physical exercise) is, that causes the body to work hard and which gives mental stability and body strength. Now, Physical exercise can be done in many ways. Like, practicing Yogasana, body strength exercises, Weight training, Pilates, Cardio, Dance, Zumba etc. According to Ayurveda, “exercise till you sweat” is winter season mantra and in other seasons, exercise half of your strength should be done. Physical Exercises always should be practiced according to person’s age, body strength,

person’s age, body strength, health, season, time, and diet.

In Yoga, the state in which the body gains stability and experiences happiness is said to be “Asana”. Asanas are practiced slowly, efficiently and with breathing patterns.

In Winter, Practicing Surya namaskara, which possesses almost every posture for every part of the body is very helpful for whole body strength and also it increases Intelligence power and memory. Similarly, Paschimottanasa- for reducing belly fat, relieves back pain.

Gomukhasana- for strengthening muscles and joints of neck, shoulders, knees.

Dhanurasana- to increase low digestive power, increases flexibility in spinal cord, to release lumber pain etc,

Matsyasana- for obesity, to relieve constipation, increases digestive fire etc.,

Parvatasana- for stretching of body, helps to corrects the posture , Chakrasana- strengthen the muscles and ligaments of spinal cord, gives flexibility

Hatapadasana- increases height and digestive fire.

Sarvangasana- is queen of all asanas which controls vishudha chakra in throat region,

Halasana-releases low digestive power, relieves back pain and lumber pain, increases flexibility in spinal cord. These all asanas are all body enhancing exercise which helps to sweat more and loose fat too. In

addition to Asanas, Pranayama is also important which includes kapalbhati, Nadi shuddhi, Om chanting, meditation helps to stabilise the body and mind.

Asana practice and exercise are different and has different benefits, but healthy mind and healthy body is the ultimate goal. In all aspects, physical activity of body gives stability, strength, lightness in body, maintains breathing pattern, enhances skin texture, strengthen the muscles, increases digestive power, eliminate laziness, delay aging, nourishes sapta dhuts (tissues) and balances tridosha (vata, pitta and kapha). So, all of you Yoga enthusiastic people, here is the perfect season to work out more on your body and mind. Let’s say goodbye to year that held you back to do something and welcome new year with full passion, spirit and enthusiasm to fulfil all your dreams. Happy New Year ☺

Surabhi Pathak

MD Ayurveda consultant and Level 2 Yoga Wellness Instructor (scholar- Swasti Yoga) A passionate photographer, blogger and traveller. You can follow her on instagram @surabhipathak_

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Swasti Yoga in Dubai- Celebrating the year of #tolerance

مرحباً بكم في دبي
Welcome to Dubai



Yogic Alleviation @Panshet



Maharishi Patanjali gives the importance of 'saucha' which means cleanliness as one of the things to be followed as a part of self-discipline i.e. 'niyamas'. When we keep our surrounding clean, we create a healthy environment. When we keep our body and mind clean, we create a good well-being! In all times, they gave importance to cleanliness.

Well yogis also talk about cleaning the body internally too. In Hatha yoga, they have given techniques for internal cleansing of body called Shuddhi Kriyas. It involves cleansing of our nasal passage, our digestive track, eyes, etc. They not only keep our body more cleanly but also keep our mind calmer. Asanas and Pranayama give more benefits after performing these Kriyas. They are not amongst the popular yoga techniques, but the benefits are immense and very rarely, we get to learn this especially the advance ones.

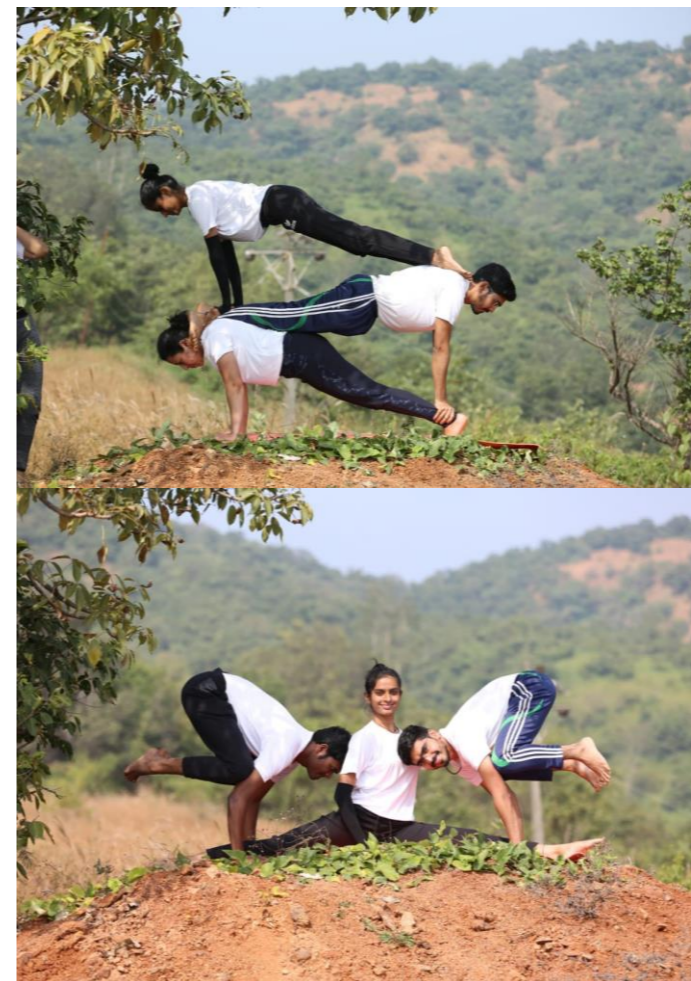
To learn such advance techniques and give exposure, Swasti Yoga Center arranged a retreat at a resort near Panshet dam, which lies in periphery of Pune City. It was a two-day retreat where in midst of the nature students had a Yogic Blast!

In Indian tradition, day starts by putting *Chandan Tika* in between brows. A part of daily routine, but has such deep effects. It calms your mind and activates Ajna Chakra. By putting *Chandan Tika*, the journey towards Panshet begun. Students reached there around afternoon time. After having some fun activities at resort, students ate the *Sattvic* lunch.

The experts from Yog Vidya Niketan were invited to conduct the Shuddhi Kriya Workshop. Shri. Durgadas Sawant ji having the experience in same, demonstrated the Shuddhi Kriyas. They performed various advance kriyas like *Vaman dhauti*, *Danda Dhauti*, *Vastra dhauti*, *Gajakarni*, *Jala Neti*, *Sutra Neti*, *Vesan neti*, *Nauli*, *Kapalbhati* (*Viyut Kram*,



Well yogis talk about cleaning the body internally too. In Hatha yoga, they have given techniques for internal cleansing of body called Shuddhi Kriyas.



Sheet Kram), etc. Students were amazed and inspired just by looking them perform. The next day at *Bramha Muhurta* approximately, one and the half-hour before sunrise. Students had a chance to perform advance Shuddhi Kriyas demonstrated earlier under their guidance. In first attempt, many students performed these advance techniques so beautifully.

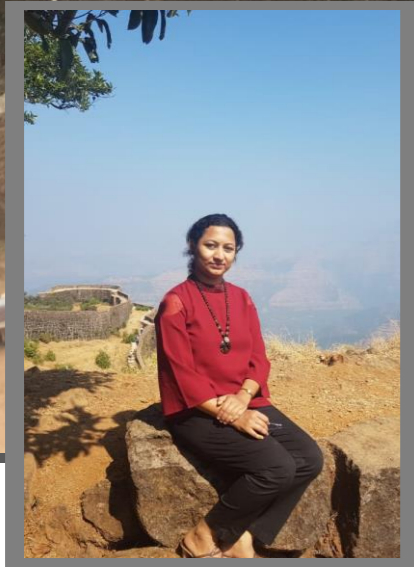
In addition, there were such wonderful things happening like walk under moonlight after dinner, international student Crystal Allyn sharing her experience in India and @Swasti, students across various branches of Swasti bonding, morning asana and pranayama practice in nature, yoga photo shoot, etc. Later for successful completion of the workshop, students received the certificates.

They say that, nature brings out more in us and we experience our soul. A similar kind of experience students had. Gathering all the amazing and wonderful experience, they headed back to the city.

- Nishigandha Kokate

Faculty at Swasti Yoga and Level 3 student

How yogic sound influences body and mind



Sounds evoke movement of energy that is qualitative and subjective, linked with inner body sensations and emotional sense of self. Mantra chanting creates ultrasonic sounds that have such effects on brain. What is fascinating about mantra chanting, from physics point of view, is that they produce resonance in different parts of body and mind that have profound positive effects.

'AUM' is the highest sacred sound of the universe. It is finite as well as infinite. Chanting pranav mantra produces sounds and vibrations which allows an individual to become one with the universe. Scientific analysis have shown that chanting 'AUM' is based on physics of sounds, vibrations and resonance.

When one begins with 'AUM', the forced 'aaaaaa' sound opens up widening your soul for reception i.e., waking or conscious state (jagrut awastha). With gradual shift to 'uuuuuuu', person moves to dream state (swapna awastha) sensing everything at subtler level. As person begins with 'mmmmmm', he enters deep dreamless state of consciousness (susupti awastha).

This reverberating sound has cymatic effects. By chanting 'AUM', we can tap into the source of power to manifest. We can drive our awareness deep into our bones, muscles and tissues of the body to gain a greater sensitivity and understanding of our make up and amplify the latent energy within. It positively effects and rejuvenates the nervous system.

With the practice of this universal yogic sound, we can bring ourselves online, therefore more on board journey of health and fitness, towards the union and wholeness. When chanting is done on a collective level, in a room full of yogis, the effects are synergistic. This principal is used for fast healing in Cymatherapy.

So, we can practice yoga through sounds and connect with the universal frequency and experience the truth within, the omniscient consciousness and the supreme bliss (sat-chit-anand).

- Bhagyashree Gothe

My Swasti, my views!

December 2018 was the time I got myself associated with Swasti Yoga. I realised a little then that this moment would change my personality or let me say, it has fine-tuned my lifestyle.

Now, its December 2019! I see a great change personally as well as professionally in myself in this one year's time.

Swasti Yoga center gave me an opportunity to know my worth through the teachings of yoga. I find myself associated with the yogic community consisting of people who have achieved great heights in the field of yoga. From each and every personality in Swasti Yoga, I get to learn something new. Such is the rich Human Resource here. Its my immense pleasure to have cleared QCI/YCB LEVEL-2, Ministry Of AYUSH exam and become YOGA WELLNESS INSTRUCTOR and work as a faculty of Swasti Yoga.

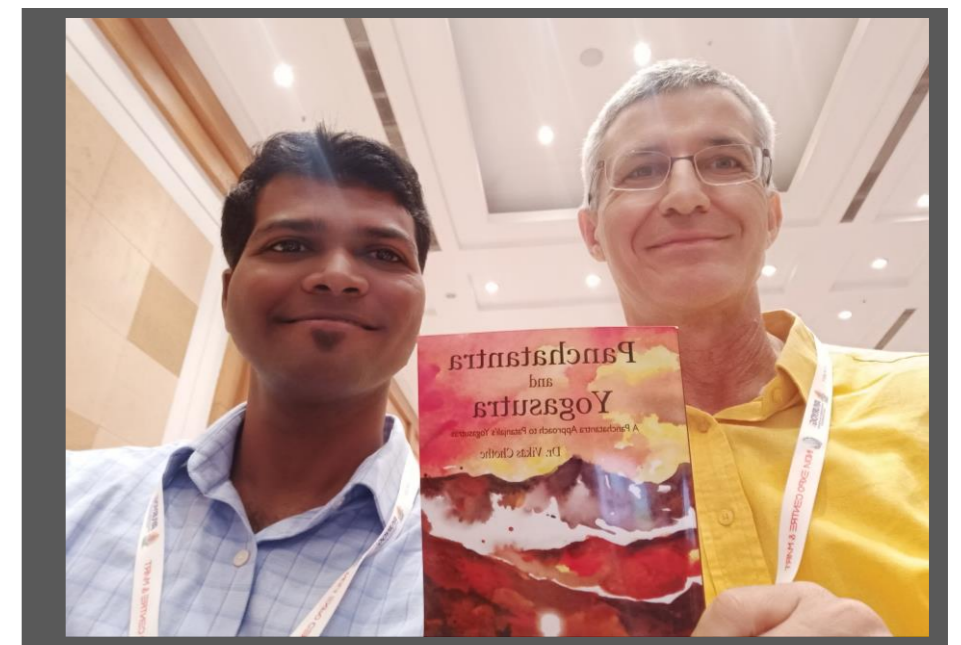
I thank almighty for making yoga happen to me and specially show me the right direction to join Swasti Yoga Center. Dr Vikas Chothe is a great motivator and an inspiration to all. He is taking Yoga as a profession to a new heights. Hearty thanks to Dr Vikas Chothe and Dr Shwetambari Chothe for their guidance, motivation and inspiration. Last but not the least, it is proud feeling to be a faculty at Swasti Yoga.

- Bhagyashree Gothe
AYUSH certified Yoga Wellness Instructor and faculty at Swasti Yoga, Wakad branch



Antionietta Rozzi (Italy)- Sarva Yoga

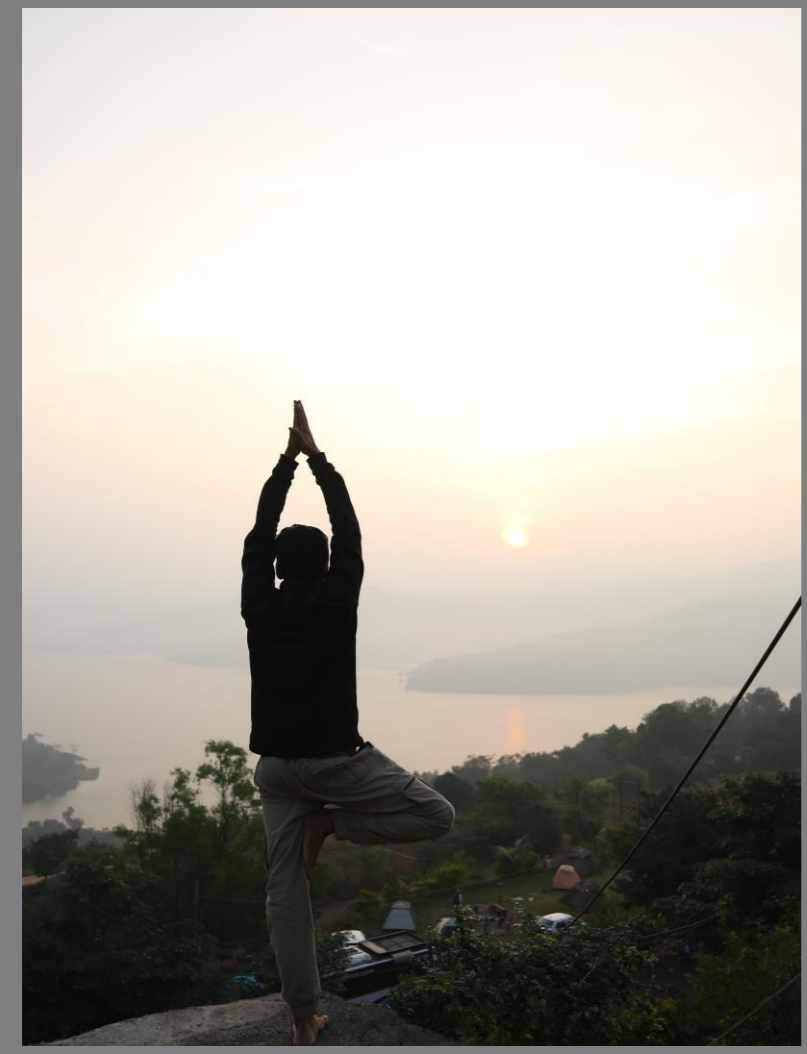
The Prime Ministers International Yoga award winner Antionietta Rozzi was pleased to receive Swasti Yoga magazine. She is a practicing Yoga Teacher from Lerici, Italy with more than 42 years of experience in Yoga. Swasti Family congratulates Mrs. Rozzi and Sarva Yoga for the achievement.



Shri Nataraja- Shivananda Yoga

Presented Panchatantra and Yogasutra to Director of Shivananda Yoga Vedanta Academy, Neyyartham. Shri Nataraja gave valuable guidance about taking Swasti Yoga activities ahead and invited all the students to Kerala Ashram

Shat Karma – Yogic Cleansing Techniques



We have three fundamental energies in our body – *vata*, *pitta* and *kapha*. In Yoga and Ayurveda they are called as *tridoshas*. One of the energies can be in excess or there can be shortage of another. If these energies are balanced, yoga practices are more beneficial. In original Hatha Yoga texts, they mention six yogic cleansing process, which helps us to maintain these energy levels, or we can say these cleansing processes balance our *tridoshas*. These cleansing techniques are *Shat Karma*. *Shat* means six, *Karma* means action. These techniques regulate the production of *doshas*. Before commencing the yoga practice, any imbalance in *doshas* are to be removed – excess fat should be reduced, mucus blocking respiratory track should be removed, gas in stomach and intestines eliminated, etc.

Although these practices seems physical, but they have an immense benefit at mental and emotional level too. Through *Annamaya kosha* (body) these techniques has an effect on *Pranamaya kosha* (Prana – vital energy) and in turn on *Manomaya* (mind) too. The intention of these practices was to increase vital capacity of practitioner.

Broadly, following are the six cleansing practices in Hatha Yoga –

1. Dhauti - Internal Cleansing
2. Basti - Yogic Enema
3. Neti – Nasal Cleansing
4. Trataka – Concentrated Gazing
5. Nauli – Abdominal massaging
6. Kapalbhathi – Frontal Brain Cleansing

Danda dhauti





Dhauti cleans entire digestive tract and respiratory tract. It removes excess and old bile, mucus and toxins and restores natural balance in the body. By practicing dhauti excess of fat is reduced, we get relief from flatulence, constipation, poor digestion and loss of

appetite.. There are various techniques in Dhauti. Firstly, we can use simply saline water wherein we drink it and remove it by vomit reflex. It is *Vaman Dhauti*. We can also use a piece of cloth to clean the tract wherein we swallow the cloth and remove it. It is *Vastra Dhauti*. In addition, when Dhauti is done by removing saline water by a tube (entered into the digestive tract) instead of vomit it is called as *Danda Dhauti*.

Basti

This cleans the descending colon and rectum. Sitting in *utkatasana*, naval deep in water, insert a tube into the anus and contract the anus or simply contract the anus without any tube. This cleaning technique is *Jala Basti*. It completely cleans the bowels and removes old stool, excess bacteria, threadworms and heat from lower intestine. Advanced practitioners of pranayama use *basti* to cool down the abdominal heat produced by their practices. When body is purified, it also has positive effects on mental functioning too.

Neti

Either water or thread is used to clean nasal cavity. When done with water, it is *Jala Neti* and when done with thread it is *Sutra Neti*. *Neti* is said to destroy all the diseases, which manifest above the throat region. Regular practice of *neti* helps to clear entire ENT area. It not only relieves muscular tension in face but also releases emotional tension too. This induces a state of harmony and balance in entire central nervous system. As per yogi *Swatmarama*, it gives us *Divya Drishti* i.e. Divine vision.

Trataka

Tratak is concentrated gazing at a point. When we look at a point intently with an unwavering gaze until tears shed, we do *bahya trataka*. The same when done with eyes closed and the point or symbol is been imagined we do *antar tratak*. As per *Hatha Yoga Pradipika*, *trataka* eradicates all eye diseases, fatigue and sloth and closes the doorway creating these problems. It increases strength of eyes and improves concentration.

Nauli

In *Nauli* abdominal muscles are rotated from right to left with speed. If abdominal muscles moved towards left, it is *Vama Nauli* and if moved to right it is *Dakshin Nauli*

If central abdominal contraction is done then, it is *Madhya Nauli*. Beginner can perform *Agnisar* before *Nauli* to gain control on abdominal muscle. This mainly has effect on digestive fire and helps to manage digestive disorders. One's will power is increased and practitioner has deeper satisfaction within.

Kapalbhati

Popularly, *Kapalbhati* is performed as breathing exercise. However, there is more to *Kapalbhati* and its not just breathing. First is *Vyut kram Kapalbhati* (sinus cleaning), where water is inhaled from nose and taken out from mouth water. Second is *Sheet kram Kapalbhati* (mucus cleaning), where water is taken from mouth and thrown out from nose water. Lastly is the *Vaat kram* (air cleansing) *Kapalbhati*, where forceful exhalation and passive inhalation is done which is performed widely. *Vyutkrama* and *sheetkrama kapalbhati* remove mucus from the sinuses and help to relax the facial muscles and nerves. They rejuvenate tired cells and nerves keeping the face young, shining and wrinkle-free. Other effects, both physical and spiritual, are the same as for *jala neti* but intensified. It increases lung capacity and accumulate CSF in brain.

Shatkarma are very powerful and effective purifiers and harmonizers. People do have misconceptions about these techniques but we can learn them under proper guidance and practice them regularly.

Nishigandha Kokate- Faculty at Swasti Yoga and Level 3 student



Yoga for Third Eye



Pineal gland is located deep inside between the right and left hemisphere of the brain. It is also called Third Eye as it receives its stimuli through vision and spiritually it represents 'Ajna Chakra or third eye chakra'.

Functions of Pineal gland are :

- Secretion of hormone **Melatonin**.
- Regulation of bone metabolism.

Pineal gland secretes melatonin which regulates functions of hypothalamus and pituitary gland. They regulate most of the functions of the body like- maintaining homeostasis, regulation of body temperature, blood pressure and blood sugar level, regulation of thyroid gland, growth regulation, menstrual cycle regulation and production of ovum and sperm etc.

Dysfunction of pineal gland may cause:

- Osteoporosis.
- Mental health issue.
- Headache, nausea, vomiting or tremor.
- Change in fertility, menstrual cycle or ovulation.

Yoga practices to make pineal gland healthy

- Pranayama and meditation
- Tratak
- Balancing asanas
- Vajrasana, Sarvangasana, Makarasana
- Deep relaxation techniques

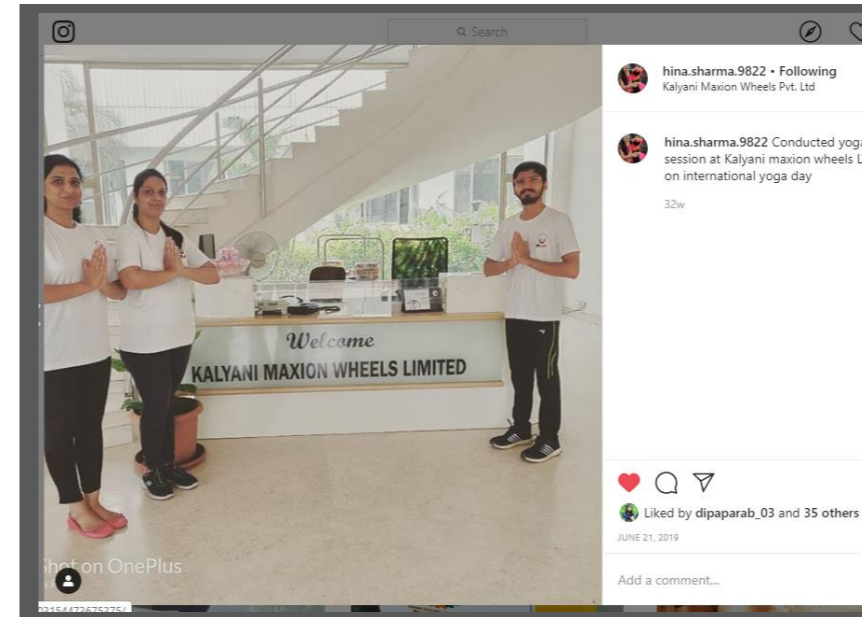
Priyanka kala- L1 Yoga student at Swasti Yoga
 Founder & instructor at Samanvay Yoga



Jan 2020

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BASICS OF PRANAYAMA

(A Technique to Calm Down Your Mind)

Jan 2020



In distinction to classical texts of disparate sayings of yoga, when the physical structure synchronized with asana, the expounder has to step with next stage called Pranayama. It controls flow of breath and increases vital energy throughout the body. Pranayama is integral to the practice of yoga and a key element in the ultimate pursuit of enlightenment.

Mind and Breathing: From observations by pronounced wise man, mind and breathing are correlated to each other. The change in one state will reflect change in other without any intervention. For an instance, increase of anger in mind directly increases in breath levels. The flow of thoughts in mind are in tune with nature when inhales fresh air. When there is lifeless breath, thoughts of mind also have the same quality. It simply calls for deep inhalation and exhalation.

What is Pranayama?

It is the conscious and deliberate control and regulation of the breath. Here Prana means breath; ayam means to control, to regulate. It consists of synchronizing the breath with movements between asanas. With regular practice, pranayama enables you to more consciously control the non-physical subtle energy within your own being. It also strengthens your physical body while calming your mind.

Why need Pranayama?

It is the link between the mental and physical disciplines of yoga. It helps to achieve balance between body, mind, tensions and peace of mind. When breath is irregular, your mind is also unsteady. But when your breath is still, so is your mind and you living long.

Four phases or stages each with its distinct nature:

- 1) *Puraka* or inhalation: A single inhalation is termed puraka.
- 2) *Abhyantara Kumbhaka* (Pause after Inhaling) Full Pause: Deliberate stoppage of flow of air.
- 3) *Rechaka* or exhalation:
- 4) *Bhaya Khumbhaka* (Pause after Exhaling) Empty Pause:

Pranayama for Beginners:

The four parts to each breath can be practiced in different ratios. Beginners should start with a 1:1:1 ratio, for example 4 seconds of inhalation, 4 seconds breath retention, and 4 seconds exhalation. One can

additionally add a 4 second pause after lungs are emptied. More advanced pranayama practitioners can work their way up to ratios of 1:2:1 and eventually 1:4:2.

Benefits:

- 1) Helps to relieve from stress
- 2) Improves Cardiovascular health
- 3) Strengthens Immune system
- 4) Clears Nasal passages
- 5) Fight Sinusitis
- 6) Helps in live young , long life

- Swapna Sasanpuri: AYUSH certified Yoga Instructor, intern faculty (Swasti Yoga) and pursuing Level 2 at Swasti Yoga.