

GENERAL RULES AND REGULATIONS OF YOGA PRACTICE

Before the practice

- Shwasa means cleanliness – an important prerequisite for yogic practice. It includes cleanliness of surroundings, body and mind.
- Yogic practice should be performed in a calm and quiet atmosphere with a relaxed body and mind.
- Yogic practice should be done on an empty stomach or light stomach. Consume small amount of honey in lukewarm water if you feel weak.
- Bladder and bowels should be empty before starting Yogic practices.
- A mattress, Yoga mat, durrle or folded blanket should be used for the practice.
- Light and comfortable cotton clothes are preferred to facilitate easy movement of the body.
- Yoga should not be performed in state of exhaustion, illness, in a hurry or in acute stress conditions.
- In case of chronic disease or pain or cardiac problems, a physician or a Yoga therapist should be consulted prior to performing Yogic practices.
- Yoga experts should be consulted before doing Yogic practices during pregnancy and menstruation.
- Avoid drinking and eating immediately before a Yoga session.
- Eat light meal a few hours before and drink small amounts of water before practice.
- Generally, it is advised not to drink during your practice but stay hydrated.

During the Practice

- Practice sessions should start with a prayer or invocation as it creates a conducive environment to relax the mind.
- Yogic practices shall be performed slowly, in a relaxed manner, with awareness of the body and breath.
- Do not hold the breath unless it is specially mentioned to do so during the practice.
- Breathing should be always through the nostrils unless instructed otherwise.
- Do not hold body tightly, or jerk the body at any point of time.
- Perform the practices according to your own capacity.
- It takes some time to get good results, so persistent and regular practice is very essential.
- There are contra-indications/limitations for each Yoga practice and such contra-indications should always be kept in mind.
- Yoga session should end with meditation/deep silence/ shanti manthra.

After the practice

- Bath may be taken only after 20-30 minutes of practice.
- Food may be consumed only after 20-30 minutes of practice.
- A few dietary guidelines can ensure that the body and mind are flexible and well prepared for practice. A vegetarian diet is usually recommended, and for a person over 30 years, two meals a day should suffice, except in cases of illness or very high physical activity or labour.


Principal