

Schedule for the Workshop

Dec 5th - 9th (6:30-7:30 AM)

As we explore activities and rituals we discover comfort in the moments of prayer that mark the beginning and end of our time together. These moments create a feeling of connection, thankfulness, and tranquility, within us. Furthermore, we conclude our sessions by engaging in pranayamas, which are breathing exercises that help bring harmony to our mind, body, and soul.

Daily Schedule(6:30-7:30 AM):

Start with Prayer
Different types of Namaskars
Continue with the scheduled Prakriya
Pranayamas
End with Prayer

5 Day Schedule:

Day 1: Sukshma Vyayamam
Day 2: Vinyasa Yoga
Day 3: Meerudhanda Kriya (Back and spine postures)
Day 4: Bhuja Shakti, Greeva Yoga along with Facial Yoga
Day 5: Eye Cleansing and Yoga Nidra, Meditation.

Different Types of Namaskars:

- Siva Namaskaras
- Tibetan Rites
- Ganesh Namaskaras
- Chandra Namaskaras
- Surya Namaskaras

Pranayamas:

- Breathing Awareness
- Anulon-vilom
- Pranava pranayama
- Bhastrika Pranayama
- Suryabedhan Sitkari Pranayama
- Bhramari Pranayama
- Soham Mantra Recitation with pranayama
- Aaksharamala Recitation

Day 1: Sukshma Vyayamam

Sukshma Vyayamam is a form of subtle or subtle exercise that originates from traditional Indian practices, specifically designed to enhance flexibility, strength, and overall well-being. Unlike vigorous workouts, Sukshma Vyayamam focuses on gentle movements and controlled breathing, making it suitable for individuals of all ages and fitness levels. This form of exercise includes various asanas or postures that are performed with precision and mindfulness.

The asanas involved in Sukshma Vyayamam often emphasize joint movements, stretches, and subtle muscle engagement, promoting better circulation and flexibility. Some common asanas in Sukshma Vyayamam may include gentle neck rotations, shoulder rolls, ankle rotations, and knee bends. These exercises are designed to not only improve physical health but also to enhance mental clarity and inner harmony, aligning with the holistic approach of traditional Indian wellness practices like yoga.

Day 2: Vinyasa Yoga

Vinyasa yoga is a dynamic and flowing style of yoga that synchronizes breath with movement, creating a seamless and meditative practice. The term "Vinyasa" refers to the intentional linking of breath and poses, emphasizing the smooth transition between one posture to another. This style of yoga is often characterized by its creative sequences and the continuous flow of movement, allowing practitioners to build strength, flexibility, and balance while cultivating a sense of mindfulness. Asanas involved in Vinyasa yoga can vary widely, but common elements include sun salutations, downward-facing dogs, plank, chaturanga, upward-facing dogs, and various standing and seated poses. The practice encourages a moving meditation, fostering a deep mind-body connection. Vinyasa yoga is suitable for individuals seeking both physical and mental benefits, as it not only enhances flexibility and strength but also promotes stress relief and a heightened sense of awareness.

Day 3: Meerudhanda Kriya (Back and spine postures)

Meerudhanda kriya is specifically related to back and spine health in yoga, it may entail a series of specialized techniques designed to enhance the strength, flexibility, and overall well-being of the spine. Practices focused on spinal health typically involve a combination of yoga asanas, or poses, that target the muscles and joints associated with the back and spine. Common poses for spinal health include Cat-Cow, Downward-Facing Dog, Child's Pose, Cobra Pose, and various twisting asanas like Bharadvajasana.

Day 4: Bhujra Shakti, Greeva Yoga along with Facial Yoga

Bhujra Shakti likely involves practices aimed at developing strength, flexibility, and awareness in the arms and shoulders. Poses such as Plank, Chaturanga Dandasana (Four-Limbed Staff Pose), and various arm balances could be integral to this practice.

On the other hand, "face yoga" refers to a set of exercises and techniques aimed at improving the tone and appearance of facial muscles. It involves various facial expressions, stretches, and massages designed to enhance circulation, reduce tension, and promote a more youthful appearance. Common face yoga exercises include cheek lifts, forehead smoothening, and eye exercises.

Neck yoga, often referred to as cervical or neck exercises, is a specialized practice designed to alleviate tension, improve flexibility, and promote overall well-being in the neck and shoulder region. This form of yoga addresses the common issues of neck stiffness and discomfort caused by factors such as prolonged sitting, poor posture, and stress. Neck yoga typically involves gentle and controlled movements, as well as breath awareness to release tension and enhance the range of motion in the neck. Asanas or poses associated with neck yoga include neck tilts, neck rotations, shoulder rolls, and gentle stretches. These movements aim to improve circulation, reduce muscle tightness, and enhance the health of the cervical spine. Incorporating neck yoga into a regular routine can be beneficial for those looking to mitigate neck-related discomfort and cultivate greater awareness of the often-neglected area of the body.

Day 5: Eye Cleansing and Yoga Nidra, Meditation.

Trataka Kriya is a yogic purification technique that involves gazing steadily at a specific point or object, such as a candle flame or a symbol. This concentration practice aims to enhance focus, concentration, and clarity of mind. Trataka is believed to have a calming effect on the nervous system and can be a powerful tool for improving mental resilience and inner balance.

Yoga Nidra, often referred to as "yogic sleep," is a systematic relaxation practice that guides individuals into a state between wakefulness and sleep. During Yoga Nidra, practitioners lie down in a comfortable position and follow a guided meditation, bringing awareness to different parts of the body. The goal is deep relaxation, stress reduction, and heightened awareness. Yoga Nidra is renowned for its ability to induce profound relaxation and alleviate stress, making it a valuable practice for promoting overall well-being.

Meditation, a central component of many yogic traditions, encompasses a variety of techniques aimed at cultivating mindfulness, self-awareness, and a sense of inner peace. Mindfulness meditation, loving-kindness meditation, and transcendental meditation are just a few examples. Regular meditation practice has been associated with numerous benefits, including reduced stress, improved focus, and enhanced emotional well-being.

While Trataka Kriya develops concentration, Yoga Nidra induces deep relaxation, and meditation fosters mindfulness, incorporating a combination of these practices into one's routine can provide a holistic approach to mental and spiritual development. Individuals often find that these practices complement each other, contributing to a more balanced and harmonious lifestyle.

