



KAIVALYADHAMA

Where Yoga tradition and Science meet

100
YEARS



Kaivalyadhama Yoga Institute, Mumbai in collaboration with

4th ICON

Presents, Workshop on

'Dealing with Complications through Yogic Solutions'

International Conference on Complications in Neurosurgery

11th -12th March 2023

Venue : Junior Ball Room, JW Marriott Mumbai Sahar

Time: 6.30 am. to 7.30 am.

I. THE GENERAL APPROACH

The Workshop will consist of mainly 4 components:

- Inner Awareness:** DEHADHARNA - Awareness of Body space. PRANADHARANA - Awareness of Breath. Fundamental Principles of Yoga Practice
- Movements and Asanas using the five stages of**
A - AWARENESS **E** - EXPLORATION OF POSSIBILITIES **I** - INFORMATION ABOUT LIMITS
O - OVERCOMING THE LIMITATIONS **U** - UNDERSTANDING OF USE
- Breathing and Pranayama** - Awareness of natural breathing. Conscious - happy healthy breathing. Pranayamic breathing of Anuloma - Viloma & Ujjayi.
- Meditative state and Inner Silence:** Through the process of Inner awareness and chanting of AUM.

2. PROCESS OF INNER AWARENESS :

This is the key element - a common basic ingredient of all the other practices of Yoga. Usually we are aware of our body as it appears to others or to ourselves in the mirror. Through this we become aware of the space within the body known as ANTARAAKAS and we become aware of the body as it is felt from within. The process is very simple and once one learns it and masters it, it can be used with advantage to become aware of the body through all our actions.

Lie down or sit in relaxed but TALL posture - part by part become aware of the space within your body - begin from the Head-Neck-Chest-Right and Left Arm up to finger tips - Abdomen along with the Pelvic floor - Right and Left legs up to toe tips.

After having become aware of the body space become aware of the flow of the breath in space of your head and then through neck-chest-arms-abdomen-legs without manipulating it.

Make the breath flow slowly and keeping it slow, make it deep by using the movement of the diaphragm fully so that chest can expand horizontally in its lower two third area and abdomen comes out fully, during inhalation and goes in fully during exhalation.

3. PRINCIPLES FOR RIGHT YOGA PRACTICE

There once lived a great sage named Patanjali who wrote down the process, goal and technique of Yoga in the form of Sutras. Approximately 5000 years ago, he condensed the Yogic knowledge into 195 Sutras which we know today as the Patanjali Yoga Sutras and this text is regarded as the foremost reference point for true, authentic and classical Yoga.

Based on this, we have certain fundamental principles that should be kept in mind whilst practicing Yoga Asanas, Pranayama and other Yogic practices.

a) For Asanas:

Sthirasukham Aasanam //2.46// - An asana should be steady, stable and pleasant.)

Prayatnashaitilyanantasamapattibhyam //2.47// - The practice of an asana should be completely effortless. Upon effortless performing an asana, one achieves infinite bliss, joy and transcendence.

Tato Dvandvanabhigatah //2.48// - From this practice of an asana, one is undisturbed by the dualities.

b) For Pranayama:

Tasmin sati shvasaprashvasayorgativichchedah pranayamah //2.49//

While being in an asana, the break in the movement of inhalation and exhalation is Pranayama.

BREATHING AND PRANAYAMA

The main aim in this part is to know how we breath normally and if necessary how to correct it, so that all functions of the body and mind can go on, in undisturbed way. If we ensure that our posture is proper and we are breathing freely and easily, throughout the day, it would go on a long way to improve our physical fitness and mental alertness. The techniques of Pranayama are a great help in this approach apart from their direct effect on the functioning of body and mind. For this purpose one has to go through four stages:

Stage I : Become aware of the whole of the body space and the breath which flow through this space in normal spontaneous way - this is **PRANADHARANA**.

Stage II : Convert this normal spontaneous breath into very deep and very slow breathing pattern involving full use of the chest, diaphragm and abdominal muscles - this is **Conscious-happy-healthy-breathing** which can be used off and on throughout the day.

Stage III : With the selective use of the Abdominal wall and muscles of the Pelvic floor during inhalation and exhalation, retaining the slowness, depth and gentleness of breathing convert it into **basic pattern of PRANAYAMIC breathing - Puraka and Rechaka**.

Stage IV : Then add the element of uni-nostrilular breathing for converting it into **ANULOMA-VILOMA PRANAYAMA** or the element of partial contraction of glottis to produce the sound of **UJJAYI PRANAYAMA**.

4. MEDITATIVE STATE AND INNER SILENCE

It is essentially a process of silencing the thought process but keeping the attention faculty of the mind intensely active. The chanting of **AUM** after the Pranayama brings out the complete silence within and without. Once one experiences this **INNER SILENCE** then all this actions, speech and thoughts would spring from this silence without ever disturbing him. Thus this state ultimately can become the background state for our daily living where whole of our inner creativity will have a total freedom to bloom out.

5. Chakra Meditation

Chakra balancing and energizing can be achieved after meditative state by Beej mantra chanting.

Activities at Kaivalyadhama, Mumbai

- Weekend Yoga class is held on Saturday and Sunday from 7.00 am to 8.00 am. conducted online / onsite.
- Mixed group class at 11.30 am for one hour from Monday / Wednesday / Friday conducted online / onsite.
- Intensive Yoga / Obesity Yoga / Yoga for Seniors / Special Yoga class for Women etc. available on request.
- Home visit for Yoga Consultation by our doctors can be availed at Rs. 1500/- (+Traveling) per member/per visit.
- Free lecture once a month followed by Week long workshop on various topics.
- Consult our Doctors onsite & online for Diet, Panchakarma and Naturopathy therapies. Also, avail Acupuncture & Acupressure therapies by our doctors.
- One can book appointment for counseling by our Psychiatrist.
- We also offer Yoga break at work place, in your office

Avail home tuition / one on one personal class by our certified and experienced teachers at Rs. 800/- per session per person for home visit & Rs. 600/- for Online Class. For more details refer home tuition brochure.

Note : Cheque can be drawn on I.C.Y.H.C. KAIVALYADHAMA TRUST (Donations are tax exempt under 80G)

Certificate Course in Yoga Education, Post Graduate Diploma in Yoga Education, M. A. in Yogashastra, Yoga Therapy Course conducted over weekdays, weekend and online.

For more information call : 74002 60919 • Email : academicskdham@gmail.com or visit the website : www.kdham.com/mumbai

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