

AYURVEDA & YOGA FREE AWARENESS WORKSHOP

By Specialist / PhD Gyaneshwarsing Guddoye



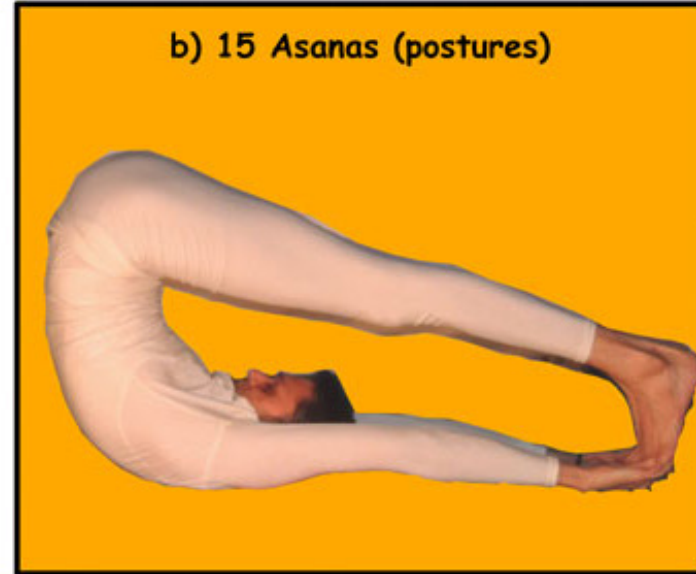
Method 1

a) 6 Shuddhis (Detox)



Benefits: Learn to detox your body

b) 15 Asanas (postures)



Benefits: Make you the most healthy and flexible

Address : Shivala (Kovil) Lane, Grand-Bay, Mauritius | **Website:** medaayuryoga.com |

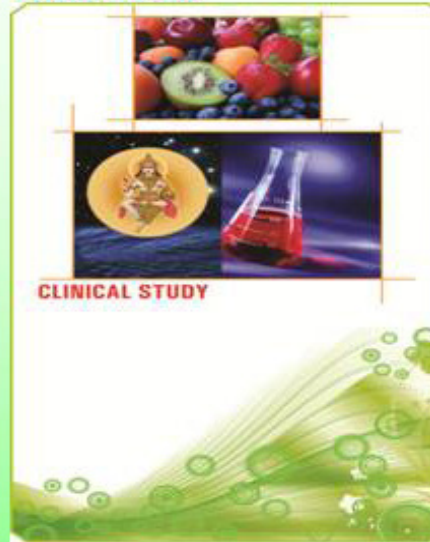
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METHOD



METHOD 1

Method



KRIYA : *Shatkarma*

6 Purificatory *Yogic* practices



1(a) Jalaneti



1(b) Sutraneti



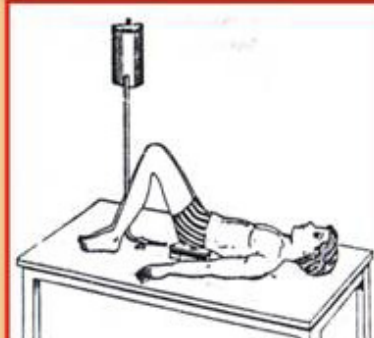
2. Dhauti (Kunjala)
(a) Vaman



2. Dhauti
(b) Varisara



3. Nauli



4. Basti



5. Trataka











Step
1

Step
2

6. Kapalabhati

		min	Daily Yoga Schedule <i>Cha.Chi. 6/50</i>			
1	Surya Namaskara with mantra : (3-6 rounds)	5				
2	Asanas(Stretches & Rotations with postures) details below	16				
i)	<u>Supine : (postures)</u>		ii) Prone		min	
a	Pawanmuktasana	1		a) Bhujangasana	1	
B	Utanapadasana	1		b) Shalabhasana	1	
C	Halasana/ardha	1		c) Dhanurasana	1	
d	Matsyasana	1		d) Sarpasana	1	

iii) <i>Siddhant:</i>	mallo		iv) <i>Siddhant:</i>	mallo	
a) Pashchimottanasana	1		a) Tadasana	1	
b) Vakrasana	1		b) Kati Chakrasana	1	
c) Janushirasana	1		c) Trikonasana	1	
d) Yogamudra	1				
e) Ardhamatsyendrasana	1				

3	Pranayama :	05 min	
i	Kapalbhati 4-5 rounds		4 Agnisara: 50-100 strokes 5 
ii	Bhastrika: 3-5 rounds		
iii	Anuloma Viloma : 3-5 rounds		5 Dhyana (meditation) 5 
iv	Bhramari 3-5 rounds		Total time 46
v	Ujjayi : 3-5 rounds		

Ayurveda & Yoga Scientific Awareness Programme

सुर्यनमस्कार (Sun Salutation)



MEDA AYUR - YOGA PEETHA

Daily Surya Namakar practice with Sattvic (Pure) diet & 15 minutes Dhyana (meditation) will keep you physically mentally, spiritually & socially fit (wellbeing)

आदित्यस्य नमस्कारान् ये कुर्वन्ति दिने दिने । आयुः प्रज्ञा बलं वीर्यं तेजस्तेषां च जायते ॥
That Person who daily practices Surya Namskara will benefit Ayu (longevity), Prajna (wisdom), Bala (strength), Virya (potency) and Teja (glowness)

॥ सुर्यनमस्कार पंच ॥

- ॐ मित्राय नमः । 1 → Om Mitraya Namah
- ॐ रवे नमः । 2 → Om Ravaye Namah
- ॐ सूर्याय नमः । 3 → Om Suryaya Namah
- ॐ भानवे नमः । 4 → Om Bhanave Namah
- ॐ खगाय नमः । 5 → Om Khagaya Namah
- ॐ पुंस्ये नमः । 6 → Om Pusne Namah
- ॐ हिरण्यगर्भाय नमः । 7 → Om Hiranagarbhaya Namah
- ॐ मरीचये नमः । 8 → Om Marichaye Namah
- ॐ आदित्याय नमः । 9 → Om Adityaya Namah
- ॐ सवित्रे नमः । 10 → Om Savitre Namah
- ॐ अर्क्याय नमः । 11 → Om Arkaya Namah
- ॐ भस्कराय नमः । 12 → Om Bhaskaraya Namah
- ॐ श्रीसवितृसुयानारायणाय नमः । 13 → Om Sri Savitru Suyanarayana Namah

2014 June	July	August	September	October	November
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