



Yoga For Women



Author: Meghna Virk Bains
Format: Paperback
ISBN: 8122310028
Code: 9998D
Pages: 147
Price: Rs. 120.00 US\$ 5.00

Publisher: Pustak Mahal
Usually ships within 15 days

There is a famous saying in the Zen religion that 'no teaching worth a name can give the key through words'. It stands true in the case of yoga, where the whole essence lies in its physical and practical experience. However, I believe that words are the verbal embodiment of power. Herein lies my aim of writing this book to reach out to as many wonderful women out there as possible.

Yoga has brought many phenomenal transformations in my life as a woman. I wish to share this blissful journey with you, hoping to help you rediscover your lost potentials and in the process re-establish the connection with the real you. This might not be the ultimate piece of work on yoga. Nevertheless, I can assure you that in its ordinary nature of description, you might stumble upon the most extraordinary answers. My earnest request to you is to drop all your pre-conceived notions and apprehensions before you embark upon this journey. Remember, it is never too late to learn how to live as long as you are alive.

ABOUT THE AUTHOR

My journey began on December 9, 1983 in New Delhi, migrating to Chandigarh a year later. Having completed my school education, I acquired an honours degree in Geography from Delhi University and completed the last lap of education marathon at Punjab University, where I pursued post graduation in the same subject.

It was during the second year of my college that I tried my hand at YOGA. Something that began as a mere vacation time pass, eventually became an all-consuming passion for me. Having practised and extensively learnt 'hatha yoga' for 5 years (thanks to my guruji Shiv Malhotra), I was finally ready to broaden my horizons. That was when I decided to share my gift with others. This took the shape of regular yoga sessions exclusively for women that I began two years ago.

My endeavour in the yoga sessions is to help the individuals discover their unique nature, learn their body language and make peace with who they are. This book is to make all those, whom I may not personally come in contact with, to see the vision I believe in. I might not have the ultimate knowledge, but am hoping through this humble attempt to touch as many souls as possible and grow in the process.

CONTENTS:

Preface

1. Evolution of Yoga
2. Five Basic Steps in Yoga
3. The Seven Chakras
4. Role of Yoga in Women's Life
 - * The Troublesome Teenage
 - * The Transitional Twenties
 - * The Whirling Working Years



- * The Moonlit Marriage Years
 - * The Precarious Pregnancy
 - * The Menacing Menopause
 - * The Graceful Aging Years
5. Four Pillars of Yoga
Index

AN EXCERPT FROM THE BOOK

Surya Namaskar
(Sun Salutation)

Surya Namaskar encompasses almost each and every asana and mudra in its very basic form combined with the coordination of breathing. I love calling it the 'Sun Salutation'. The essence of performing this twelve-step-continuum is to absorb the maximum energy from the ultimate source of light and energy that sustains all life on Earth - the SUN. This process is simply a means of paying your adulation and respect to the Sun. So while performing this asana, your mind must be calm, your body receptive and your soul like an empty vessel, ready to absorb all that is positive, good and healthy.

1. The Namaskar - Stretch out your hands on the sides as you inhale. Raise hands on top joining them, and as you exhale, gently place them in the centre of your chest, near the anahata chakra.
2. Parvat Asana (The Arch) - Raise hands in a joint position as you inhale, and while exhaling, bend backwards, only the torso and arms, bringing a slight arch in the upper back.
3. Hasta Pada Asana (The Compression) - Inhale, straighten up your arms gently while exhaling. Place hands behind the legs and bring your forehead as much in contact with the knees as you can. Continue breathing.
4. Ek Pada Prasaran (The One Foot Balance) - Place both your hands on the ground at shoulder distance apart. While exhaling, stretch one leg behind as much as you can and balance up on your fingertips. Inhale as you give a little arch to your neck upwards and join your hands.
5. Bhoodhar Asana - Bring the hands fully in contact with the ground. Look in front and as you inhale, stretch the second leg behind at the same level as the first. The main fulcrum of this pose comes at the base of your spine. It is like a triangle with hip joint forming the peak, and arms and legs providing support. Make sure you keep the heels of your foot pressed to the ground and continue breathing.
6. Ashtanga Pranipat Asana (The Flat Out)- While exhaling, bend your elbows, knees and lie flat in contact with the ground. Make sure you do not change the position of your hands and place your forehead on the ground. Place your feet flat too, fully relaxed.
7. Bhujanga Asana (Up-stretch Asana) - With the support of hands, wrists and elbows, gently raise your chin, chest and upper-middle-lower abdomen as you inhale. Keep breathing as you hold the stretch. While lowering yourself down, follow the same sequence.
8. Back in Bhoodhar Asana - As you lie flat, slowly take support of your hands under the shoulder to raise your upper body and take support of your feet, toes, knees to raise your lower body. This triangular position lends maximum enlightenment to the base of your spine, the muladhara chakra.
9. Ek Pada Prasaran (Back in One Foot Balance) - Same as before, but this time get the second foot in front.
10. Hasta Pada Asana (Back in Compression) - Inhale and get the second foot up in standing position, but your back should remain bent forward with the hands once again behind your legs and forehead to the knee.
11. Parvat Asana (Back in Arch) - As you inhale, stretch your hands slowly and gradually straighten up. Make sure that your face straightens up first, followed by your neck and then your back. Exhale and bend backwards.
12. Daksh Asana (Finally Wrap-up Namaskar) - Simply inhale while straightening out. Join your hands, and while exhaling, bring the hands back from where you started, that is, in the centre of your chest, near anahata chakra.

It is pretty simple if you realise that it is the same sequence that is being repeated in the beginning as well as in the end. There are only two steps of bhujanga and ashtanga pranipat asanas that are set apart.

At the end of this 'twenty-point-programme', there are a few general pointers that you must keep in mind at all times while



following this routine.

- * Try performing this schedule first thing in the morning after having a glass of water and a visit to the loo. If it is too cumbersome to get up early then take care that while performing it during the day, you must have a gap of approximately 2-3 hours after a meal.
- * Never ever push your body movements beyond your comfort level. Be very aware of this because the aim of yoga should be to work with your body and not against it.
- * Be aware not to ever hold your breath while in an asana. The only coordination you need to maintain is the one between your movements and inhaling or exhaling. As a general rule, always synchronise an upward movement with inhaling and a downward movement with exhaling.
- * While holding the asana, the count that I have referred to can be modified depending on how long you feel comfortable in that posture. Just remember, the count that you give yourself should be reasonable and not a rattling one because the only person you will be duping is you. So be honest!
- * Correlating the asanas, mudras and pranayama methods with the location of chakras and the specific physical, mental, spiritual, emotional issues that they deal with, will only help you further clarify the significance and benefits of performing them.
- * The number of times you wish to repeat a certain asana or breathing process depends entirely upon your comfort zone and how effective you wish to make the routine.

I have left pretty much everything to your better judgement, because I truly believe that I can only show you the 'how' and more importantly the 'why' of yoga, the 'when' and 'where' are totally your choices. Just make sure whenever you choose to get on to this routine or if you are already following it, it must be fuelled by an enthusiasm and strong sense of belief in its benefits.

Last but definitely not the least is the remedy for those of you battling with the following issues:

- * If you have disturbed menstrual cycles, then try to avoid asanas that involve inversions and exert pressure on your lower abdomen in the first two days of your periods. To ease out the pain, I prescribe following a regular routine of pranayama, vajra asana, sukht pawan mukt asana and tada asana. It will keep your breathing smooth, your digestion activated and spine stress-free. Drink at least 6-8 glasses of water (lukewarm in case of pain). Have lots of green vegetables, salads and fresh fruits.
- * Those of you hassled by weight must follow the mentioned routine religiously and special emphasis must be on performing pranayama for longer periods and surya namaskar at least 3-4 times. Increase the intake of water to 8-10 glasses. Start your day with lukewarm glass of water with a squeeze of lime (if you are not too prone to acidity). Sip on it and see the kick-start it gives you.
- * Coming on to the pimples and acne, all you need to do is to keep your breathing passage totally free from blockages. Again, drink lots of water. Make it a habit to even travel with a bottle wherever you go. Be sure to increase the intake of fruits in your diet, because what you eat is what shows on your skin.
- * Height is an issue that I am sure you have been nagged with a hundred times, but don't you fret. We have a solution. All you need to do is focus on the standing asanas, like tada asana, because they stretch all the ligaments, joints and muscles, thereby giving you that toned-up look.
- * Finally the 'ace grades' pressure by parents and teachers. Tackle this with special emphasis on the pranayama procedure, especially bhramari and Om chanting which tend to relax the mind, drain of unnecessary tensions and help you retain all the meaningful information. Anulom-vilom greatly helps in enhancing concentration and focus.

On the whole, just remember to respect your body. Learn its language so that you can provide it with all the ingredients that will make it respond to your needs more actively. Keep your senses alive, open and receptive at all times. These are the doors and windows that filter all your thoughts, feelings and determine your actions. To put it in simpler terms, learn to value the present moment and have fun in every situation. Everything is an opportunity, if taken rightly.

About Pustakmahal Publishers

Pustak Mahal publishes an extensive range of books that are both affordable and high-quality.