

# YOGA and Meditation



**Workshop on Yoga and Meditation  
For Yoga Teachers and health professionals**

**By**

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## **What is Yoga?**

Yoga means union – union with oneself (body mind and spirit), with whole humanity, with nature and with the Supreme Spirit. It is an art of living, with positive attitude and cheerfulness. Accept, adopt and practice yoga as a part of your life and enjoy happiness and peace. To attain this harmony and unity one should practice yoga with mindfulness. Otherwise the physical yoga postures become physical exercises.

## **One day workshop**

This yoga workshop is a time for deepening knowledge of the ancient art of yoga and Meditation. This Yoga workshop will increase your concentration, memory power, enthusiasm, cheerfulness, and positive approach to life; build better inter-personal relationships; improve stamina and resistance against sickness; with the power of yogic healing.

These objectives are met through a thorough training in the physical, psychological and spiritual aspects of Yoga through lectures, and by practicing *Pranayamas* (Breathing exercises), *Asanas* (bodily postures that enable better concentration), relaxation methods, concentration techniques, stress management and meditation under the efficient supervision and individual attention from the master. Practical sessions are based on the book "*Yoga for Wholeness and Wellness*" written by Swami Devaprasad.

An essential part of the Yoga practice is mindfulness. In order to attain union and harmony between body, breath and mind the practice of yoga should be with mindfulness. Otherwise the practice will become like any other forms of physical exercises. The slow and gentle movements of yoga postures systematic breathing exercises will increase the mindfulness because conscious control over the body and breath leads to control over the mind.

In short the mindful practice of yoga will reduce stress and restore energy, strength and flexibility as you learn the postures and breathing techniques of Yoga with mindfulness Suitable for yoga practitioners and psychologists who works to reduce the stress and the people who helps for healing the sick. This workshop is a unique opportunity to be guided by an experienced yoga master.

## **Syllabus:**

### **PRACTICAL**

Relaxation Methods  
Relaxation Postures  
Breathing exercises  
Yoga Postures (Asanas)  
Concentration techniques  
Stress Management methods  
Meditation

### **THEORY**

#### **YOGA IN GENERAL**

What Yoga Is?  
Different Yoga Systems  
RAJA YOGA or Patanjali Yoga  
    Yoga and Meditation

#### **HATHAYOGA**

    What Hatayoga Is  
    Hathayoga and Physical Health  
    Hathayoga and Healing  
    Introduction to Yogasanas or Postures  
    A Simple and Easy Order for Daily Practice  
    Guidelines for the Practice of Yogic Postures  
    Relaxation Postures  
    Meditation Postures  
    Minor Exercises  
    Dynamic Postures  
Pranayamas: Systematic Control of Breath  
    Introduction  
    How to Breathe?  
    Different types of Pranayamas  
Yoga and Stress Management  
    Yogic Relaxation  
    What Yogic Relaxation Is  
    Yogic Relaxation methods

