

MORNING SADHANA



SCHEDULE:

Days	Monday - Friday (Five days a week)
Time	5:30 - 6:30 AM (IST), One hour
Duration	40 Days
Platform	Zoom



Why 40 Days?

In the Shastras (Vedic scriptures), spiritual practices are generally recommended for a minimum period of 40 days, typically around six weeks. These include practices like 40 days of silence, Japa (mantra repetition), meditation, and Yajna (sacrificial rituals). But why this duration?

From the perspective of modern neuroscience, when we engage in an activity consistently for at least six weeks, new neural pathways form in the brain. This process helps develop a natural affinity for the new habit.

Therefore, if you wish to cultivate a new habit, practicing it for at least six weeks is essential.

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A BRIEF DESCRIPTION:

Join us for a transformative morning class series spanning 40 days, designed to immerse you in the practices of Pranayama, Meditation, and Yoganidra. Through a blend of preparatory and classical techniques, you will embark on a journey to deepen your understanding and experience of these ancient practices. As the course progresses, you will cultivate a beautiful habit of daily practice that extends beyond the 40 days, nurturing a lasting commitment to your well-being and spiritual growth. Join us as we embark on this enriching journey together.



COURSE CONTENT:

- a. ***Principles and Definitions:*** In this course, practitioners delve beyond mere techniques, immersing themselves in the philosophical understanding of Pranayama, Meditation, and Yoganidra as elucidated in the classical Hatha Yoga, Raja Yoga, and Tantra Texts. Gain a deep understanding of the underlying principles that have guided yogic practice for centuries, empowering yourself not just physically, but spiritually and mentally.
- b. ***Foundational Class:*** First, one will learn: How to sit correctly? How to breathe correctly? Relaxation; the art of letting go, and the stillness. Additionally, one will understand that before jumping into classical practices, there are sets of preparatory practices that pave the way for them.
- c. ***Meditation Practice:*** One will learn the sixteen steps of Basic Meditation as taught in the Himalayan Yoga & Meditation Tradition by H.H. Swami Veda Bharati Ji.

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- d. **Pranayama Practices:** You will be introduced to seven Pranayama techniques, along with guidance on how to sequence them effectively. Precautionary measures will also be discussed to ensure safe practice. Furthermore, you will explore the effects of each technique. Additionally, the course will cover some of the mudras and bandhas, which can enhance the effectiveness of your practice.
- e. **Yoga Nidra Practices:** Gradually progress through various relaxation techniques, from physical to subtle, to achieve deep relaxation and rejuvenation.



Payment Details:

The fee for the 40-day online Meditation, Yoga Nidra, and Pranayama course is ₹3500. This amount covers all sessions and resources provided during the program. Google Pay is available as a payment option.



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Thank You!..