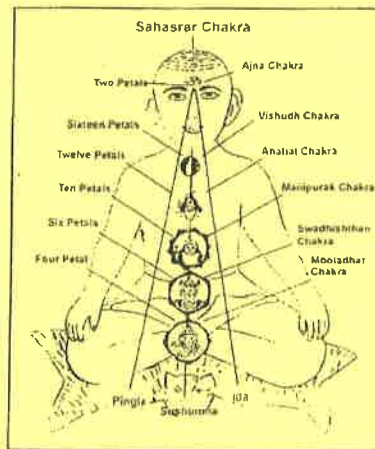


# COMPLETE YOGA AT A GLANCE

A Man Becomes Yogi by Practicing Raj Yoga and Hath Yoga. This is Complete Yoga

You Cannot be successful in Hath Yoga without practicing Raj Yoga. Similarly, you Cannot be successful in Raj Yoga without practicing Hath Yoga.



That is why, it is important to practice both Hath Yoga & Raj Yoga. Hath Yoga and Raj Yoga are Complementary to each other.

## SEVEN ELEMENTS OF HATH YOGA.

- |               |           |             |          |
|---------------|-----------|-------------|----------|
| 1. SHAT-KARAM | 2. ASAN   | 3. PRANAYAM | 4. MUDRA |
| 5. PRATYAHAR  | 6. DHAYAN | 7. SAMADHI  |          |

1. **SHAT-KARAM** : Practicing Shat -Karam cleans the whole body internally. Body becomes disease free. There are six Shat Karamas.

- |                |           |          |
|----------------|-----------|----------|
| 1. Neli        | 2. Dhauti | 3. Nauli |
| 4. Kapal-Bhati | 5. Tratak | 6. Basti |

There are two types of Neli :-

- |             |               |
|-------------|---------------|
| 1. Jal Neli | 2. Sutra Neli |
|-------------|---------------|

There are twelve types of Dhauti :

- |                         |                         |                         |
|-------------------------|-------------------------|-------------------------|
| 1. Vat-Sar Dhauti       | 2. Vari-Sar Dhauti      | 3. Vahni-Sar Dhauti     |
| 4. Bahishkrit Dhauti    | 5. Dant Mool Dhauti     | 6. Jihva Mool Dhauti    |
| 7. Karan-Randhra Dhauti | 8. Kapal Randhra Dhauti | 9. Dand Dhauti          |
| 10. Vaman Dhauti        | 11. Vastra Dhauti       | 12. Mool Shobhan Dhauti |

2. **ASAN** : Asans make the body strong and dynamic. There are countless asans. Examples are : Sarvang Asan, Shirsh Asan, Mayur Asan, Pashchimottan Asan, Sarp Asan, Hal Asan, Chakra Asan, Padm Asan, Baddh Padm Asan, Matsyendra Asan etc.

3. **MUDRA** : Practicing Mudra brings physical and mental stability. There are 21 Mudras.

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|---|----------------------|-------------------------|
| 1. Maha Mudra   | 2. Nabho Mudra       | 3. Uddyan Bandh         |
| 4. Jalandhar Bandh  | 5. Mool Bandh        | 6. Maha Bandh           |
| 7. Maha Bedh  | 8. Khechri Mudra     | 9. Vipreel Kari Mudra   |
| 10. Yoni Mudra  | 11. Vajroni Mudra    | 12. Shakti Chalni Mudra |
| 13. Tadagi Mudra  | 14. Mandooki Mudra   | 15. Shambhavi Mudra     |
| 16. Panch dharna Mudra - A) Pritivi Dharna, B) Jal Dharna, C) Agni Dharna, D) Vayu Dharna, E) Akashi Dharna |                      |                         |
| 17. Ashwani Mudra   | 18. Pashini Mudra    | 19. Kaki Mudra          |
| 20. Malangini Mudra   | 21. Bhujangini Mudra |                         |

4. **PRANAYAM** : Pranayam energizes heart and lung muscles and tones up the nervous system. There are ten basic types of Pranayam.

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|------------------------------|--------------------------------|
| 1. Nadi Shuddhi Pranayam     | 2. Surya Bhed Kumbhak Pranayam |
| 3. Ujjayi Pranayam           | 4. Sheeth Pranayam             |
| 5. Bhasrika Pranayam         | 6. Bhrarni Kumbhak Pranayam    |
| 7. Moorchna Kumbhak Pranayam | 8. Seet Kari Pranayam          |
| 9. Palavini Pranayam         | 10. Kewali Pranayam            |

5. **PRATYAHAR** : It helps draw the senses inwards in order to still the mind.

6. **DHAYAN** : To meditate in mind without much effort.

7. **SAMADHI** : Complete absorption inwards is Samadhi. This is an advanced stage of Dhyan.

## EIGHT ELEMENTS OF RAJ YOGA (AHSTANG YOGA)

- |              |           |          |             |
|--------------|-----------|----------|-------------|
| 1. YAMA      | 2. NIYAMA | 3. ASAN  | 4. PRANAYAM |
| 5. PRATYAHAR | 6. DHARNA | 7. DHYAN | 8. SAMADHI  |

1. **YAMA (RESTRAINTS)** : There are five yamas

- AHIMSA (Non Violence)** : Control of violence in thoughts, words and deeds.
- SATYA (Truthfulness)** : Truthful speech and truthful actions.
- ASTAYA (Non - Stealing)** : Be content with what you own. Do not grab, either in thoughts words or actions, what is not yours.
- BRAHAMCHARYA (Celibacy)** : Control of passions.
- APRIGRAHA (Non Hoarding)** : Do not pay attention to others property. Be content with what is yours.

2. **NIYAMA (OBSERVANCES)** : There are five niyamas

- SHAUCH (Purity)** : Observe purity in body, mind and words.
- SANTOSH (Contentment)** : Be content with what you have. Limit your wishes.
- TAP (Austerity)** : Control of sense organs.
- SVADHYAYA (Study of sacred texts)** : Study sacred books and follow their teachings. To try to know thy self.
- ISHVRA PRANIDHAN (Surrender to God)** : Have full faith in God.

3. **ASAN (POSTURES)** : To practice various easy sitting yoga postures for meditation.

4. **PRANAYAM (REGULATION & CONTROL OF BREATH)** : It helps in soothing the mind.

5. **PRATYAHAR (DRAWING OF THE SENSES INWARDS)** : To draw inward the activities of the five senses.

6. **DHARNA (CONCENTRATION)** : Dharna means making an effort to fix the mind inwards.

7. **DHAYAN (MEDITATION)** : To meditate inward without much effort. This is an advanced stage of Dharna.

8. **SAMADHI (TRANCE)** : Complete absorption inwards is Samadhi. This is a further advanced stage of Dhayan.

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### Centres in U.S.A.

- |                                 |                                |
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| 1. Chicago, IL (630) 372-9114   | 2. Houston, TX (281) 497-8932  |
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