



YOGA

FOR ALL

KRISHAN KUMAR SUMAN

Yoga for All

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M.A. B.T., Yogacharya, Ayurvedratna

Chief Editor - Yoga Manjari




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Preface

There was a time when people did not fall ill due to simple life, pure food, pure environment, hard work and positive thinking. In this modern age we are facing many problems like pollution, crowd, adulteration in food stress and diseases. Only yogic lifestyle can save our miserable life.

According to 'Hatha Yoga Pradipika' *Dynamic Health* is explained like this—"a person enjoys good health, when he has slim body, joyous face, sonorous voice, sparkling eyes, positive good health, virility, exuberance of vitality and possess radiance and a well timed nervous system. These are some of the characteristics of a 'Hatha Yogi'."

Dynamic health also means living a yogic life having a lot of strength and endurance, a sense of good feeling all the times, being *sattvic*, disciplined, smart, balanced, creative, broad minded, loving humanity and searching the *Truth* throughout one's long and happy life.

Yoga is therefore a way of life, a highly developed technique. It teaches us 'How to live rightly'? It ultimately leads an individual to self-realisation along with '*Dynamic Health*', complete unification with the pure consciousness of human existence. Yoga practice makes a man '*Healthy in body as well as healthy in the mind.*'

Health is our birth right. To be healthy is natural and to fall sick is un-natural and sin. It is said, '*Prevention is better than cure.*'

It must be borne in mind that health can't be had just by asking or wishing or by taking pills. Health can't be purchased. For remaining healthy one has to make a determined, persistent and consistent efforts, with self-imposed discipline.

Yoga is the only way to achieve the '*Dynamic Health*'. Yogic techniques were designed and perfected by the great '*Rishis*'. These techniques are most scientific, efficacious, easiest to learn and practice and has the stamp of thousands of years of experience by our great '*Rishis*'. Yoga is thus the only constructive and dynamic programme of 'Astanga yoga' is mainly the base of '*Dynamic Health*'.

There are so many books on yoga in the market but they represent for yogasana mostly. This book is totally different from them. It covers all the needful contents in details. Seventeen chapters have been included in it for deep study and practice of yoga.

'*What is yoga*' is cleared by several definitions. '*Why yoga?*' is explained in thirteen points. '*A brief history of yoga*' is given alongwith the modern famous yoga centres. 'Yogic philosophy' is untouched in socalled books. Six schools of philosophy are explained in brief.

'*All life is yoga*' is discussed as yoga for better living. We should live in the world without any attachment, surrendering our every single work to the Divine. Only seven main streams of yoga have been explained in details.

'*Yama and Niyama*' are the fundamentals of '*Astanga yoga*'. Ten commandments (disciplinary guide lines) are discussed here in a simple way.

'*Yogasana*' the particular postures of the body, its importance, difference between simple exercises and yogasanas, directions about

yogasanas, English names of yogasanas, classification of yogasanas, method and benefits of fifty one yogasanas are illustrated with diagrams. *'To avoid it'*—Some yogasanas should be avoided. Twelve practice programmes also given. Curative value of yogasanas is listed of forty eight diseases.

Before starting the yogasanas sixteen *exercises for flexibility* are illustrated with methods. Nineteen yogic mudras are explained for advance practice of yoga.

'Pranayama' (yogic breathing) is a very important part of yoga. Pran, Pranayama, its importance, its mechanism, instructions for pranayama, methods and exercises are given of some pranayamas.

'Pratyahara' *'Dharna'* and *'Meditation'* are the advance Sadhana of yoga. Their meaning, importance, practice exercises, are explained in details. Seven chakras and methods of meditations are given. What is mind and how to control it? Is explained.

Without purification of body, mind and consciousness *'Dynamic Health'* can't be achieved. So many methods are given here. Yoga is a sure and successful means to control the sexual feelings. Yogic diet has a very important role in *'Dynamic Health'*. Food value and useful hints are given in the last chapter.

There are 134 figures in it to understand the theme easily. 16 pages are included of 39 coloured photos of some yogasanas, pranayamas and shuddhikriyas. This book is a good guide to every learner of yoga, ordinary type who wants to get *'Dynamic Health'* through yoga. Its language is simple. It is recommended that all the yogic techniques should be learnt from competent yogacharya or a trained yoga teacher.

I personally feel very much indebted to Mr. Uma Parshad Kaushal, a retired Vice Principal of government school, Delhi for going through the contents of the book and make corrections whenever necessary.

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