



BLOOM OF THE MONTH OF SEPTEMBER

THEME:

From “Yoga Sutra of Patanjali”
YS1.1 ATHA YOGA ANUSHASANAM.

This month, let's explore the profound wisdom contained in the first verse of Patanjali's Yoga Sutra, which represents the very genesis of yoga philosophy.

In this profound sutra, Patanjali imparts a timeless message: the path to experiencing yoga and unveiling truth is accessible to all who seek it.

Patanjali's advice is clear: seek the hidden depths, is where the true essence of yoga resides. Yoga doesn't reveal itself at first sight. You need discipline and focus with a sense of adventure, to be able to immerse yourself into its mysteries.

The journey to realisation begins with a commitment to looking deeply into the heart of things. But once you enter on the path, there is no turning back, because you step into the eternity of the present and it is that experience which eventually but inevitably will transform you from “an ordinary illusionary to a cosmic luminary”.

Atha means now, the most important word in Yoga philosophy. Atha makes yoga a living teaching, it's an invitation to Be Here Now.

Yoga means union

Anu means atom, in nature the most indivisible parts that make up the whole.

Shasanam means to instruct. When it is connected to anu, it means that “the atoms (the nature) will instruct you”.

“Now this is the teaching of yoga how as I have observed in the natural world.”

*Yoga Sutra of Patanjali is a foundational text for the philosophy and practice of yoga. It consists of 196 aphorisms (sutras) that explain the principles and techniques of yoga, including ethical guidelines, meditation practices, and the path to spiritual liberation. These sutras, compiled over 2,000 years ago, provide a timeless framework for understanding and mastering the art of yoga, both on and off the mat.



PHYSICAL PRACTICE

The power of the SUN SALUTATION

The Sun Salutation is a beautiful practice to begin with. It's a salute to the primary source of energy: the sun. This sequence consists of a series of continuous movements that originate from the stability of our grounded feet, which stabilize and balance our body, allowing it to rise freely upward. As we perform these movements, we gather the energy from the sun and bring it down to the Earth, our source of stability and support.

It's a simple and highly effective way to revitalize your mind, body, and soul. This ancient yoga practice, known as "Surya Namaskar" in Sanskrit, is like a gentle and powerful sunrise for your overall well-being.

Here are three of the many others benefits of incorporate the Sun Salutation as a daily routine:

- 1. Energizes Your Body:** Sun Salutation is like a morning cup of sunshine for your body. It activates your muscles, improves flexibility, and gets your blood flowing, leaving you feeling refreshed and invigorated.
- 2. Enhances Flexibility:** The series of poses in Sun Salutation involve stretching and bending, which gradually increase your body's flexibility. Over time, you'll notice improved range of motion in your joints and muscles.
- 3. Balances Your Mind:** The rhythmic, flowing movements of Sun Salutation provide a moving meditation. It helps calm your mind, reduce stress, and enhance mental clarity. Starting your day with this practice sets a positive tone for the hours ahead.



**BREATHING AWARENESS PRACTICE:
smooth, long and soft breathing.**

The first step for a meditation practice is to become aware of your own breath, observing its characteristics and allowing it to flow in the most natural way possible. By making your breath's flow continuous and free from jerkiness and variability, your mind naturally becomes calmer, and the tensions in your body begin to dissolve.

Here, you'll find a guide to help you integrate mindful breathing into your practice, offering a path to relax both your mind and body.

Incorporating breathing awareness into your daily life doesn't require a special setting or equipment. You carry this invaluable tool with you wherever you go – your breath.

Here are three of the many others benefits of incorporate the breathing awareness practice as a daily routine:

1. Stress Reduction: the simple act of focusing on your breath in the present moment can help activate the relaxation response in your body, reducing stress levels and promoting a sense of calm.

2. Enhanced Mental Clarity: daily breathing awareness it's a “thoughts detox method” for you mind. As you become attuned to your breath, you improve your ability to concentrate and think more clearly.

3. Emotional Balance: our breath is strictly linked to our emotions. By practicing daily breathing awareness, you gain better control over your emotional responses. It can help you manage feelings of anger, anxiety, or sadness, allowing you to respond to life's challenges with greater equanimity.

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