

This book is very special because it is written by a practising medical person who is well-versed in modern medicine and also in the theory and practice of yoga.

Dr. K.P. MISRA

Sr. Consultant Cardiologist,
Director, Apollo Hospitals, Chennai.

I appreciate & Congratulate Dr.S.Hema for her excellent work.

Dr. V. MOHAN.,

Dr. Mohan's Diabetes Specialities Center

This book by the renowned Yogatherapist will inspire people to practise Yoga and lead a happy and healthy life.

Robin Singh
Indian Cricketer

Being a doctor, her approach is scientific & methodical.

Smt. Padmini
Actress & Classical Dancer



STAY

STRESS

FREE



Dr. S. Hema, M.B.B.S., Ph.D., (Y.Sc.)

Published by : **TARA YOGA PUBLICATIONS**

(A UNIT OF INDIAN INSTITUTE OF YOGA)

25, 8th Street, Sowrashttra Nagar, Choolaimedu,
Chennai - 600 094. India.

Phone : 9144 24833809 Cell : 9841221606

Website : www.indianyogatherapy.net

e-mail : drs_hema@hotmail.com

First Print : May ' 2005

Cost :

SAFETY NOTE

It is advisable to check with your doctor before embarking on any exercise programme. Yoga should not be considered a replacement for professional medical treatment; a physician should be consulted in all matters relating to health and particularly in respect of pregnancy and any symptoms which may require diagnosis of medical attention.

AUM SRI SAI RAM



**I offer my humble pranams at the Golden Feet
of Bhagwan Sri Sathya Sai Baba my Divine
Master with whose Grace I live every
conscious moment of my life.**



Honourable Justice
Mr. M. Karpaga Vinayagam
Judge, High Court, Madras.

Yoga integrates the body with the mind and mind with the soul.

I did not get proper reply when I enquired whether the word Yoga was Sanskrit or English or Tamil Word. But I feel Yoga is a language of the heart.

Use your brain to control your mind. To use your Brain listen to your Soul. This is Yoga.

Bagawad Gita tell us "Karthavyam Yogamuchathe" Duty is Worship. Concentrate on doing your duty and not on the results. We should know the difference between prayer & Meditation. Prayer is you talking to God. Meditation is God talking to you. If you become silent you can hear the sound of God.

There are 5 Tablets advised by Bhagawan Sri Sathya Sai Baba to manage Stress and prevent high B.P.

They are 1) Be Polite, 2) Be Patient, 3) Be Positive, 4) Be pleasant, 5) Be Pragmatic.

What is Yoga? Yoga is acting without EGO (Edging God Out). When we think we are Zero, God comes to us as one and makes us 10. When we think we are three zeroes he makes us 1000.

Life is not merely living, it is loving

Not only loving, listening

Not only listening, learning

Not only learning, lifting

Not only lifting but leaving a mark in the world before leaving it.

When you live for others you live for ever. When you live for your self, you live only till you die.

Dr. S. Hema has done a great job. I appreciate and congratulate her & pray Bhagawan to shower, His grace on her in all her endeavours.

(Extract from the speech delivered by the Honourable Justice Mr. M. Karpaga Vinayagam on 17.03.2006 at Naradha Gana Sabha, Chennai on the release of Dr. Hema's VCD on Yoga.)

CONTENTS

1. What is stress?	5
2. Causes of stress	5
3. How does stress affect the body?	6
4. Signs & symptoms of stress	7
5. How to cope with stress ?	7
6. Few tips for relieving stress	8
7. What is Yoga?	10
8. Paths of Yoga?	11
9. Ashtanga Yoga	12
10. Benefits of Yoga	13
11. Advantages of Yoga over the other systems	15
12. Important Instructions for Yoga practise.	16
13. Asanas	17-31
14. Pranayama	32
15. Meditation	37
16. Guide to Meditation	38
17. Learn to Live stress free	39

STRESS

Rapid urbanization coupled with changing lifestyle has made stress an inevitable part of our fast paced world.

What is a Stress?

We experience stress when we perceive that the demands made on us exceed the personal and social resources that we are able to mobilize.

The Stress response of the body is like an airplane readying for take-off. Virtually all the systems the circulatory, respiratory, digestive, the nervous and immune systems are geared to meet the perceived danger.

Stress May be acute or chronic

Acute Stress

Acute stress is the reaction to an immediate threat, commonly known as the fight or flight response. The threat can be any situation that is perceived, even subconsciously or falsely, as dangerous: Noise, Crowds, Isolation, Illness, and Unpleasant memories. Under most circumstances, once the perception of acute threat has passed, the

response becomes inactivated and levels of stress hormones return to normal, a condition called the relaxation response.

Chronic Stress

Frequently, however, modern life poses on-going stressful situations that are not short-lived and the urge to act (to fight or to flee) must be suppressed. Stress, then, becomes chronic.

Common chronic stressors include:

- Pressure at the work place
- long-term relationship problems,
- loneliness, and
- persistent financial worries

How does stress affect the body?

When the body is under stress its immediate response is an increase in heart rate, the respiratory rate and tensing of the muscles. What follows is the 'flight or fight' response where hormones like adrenaline and glucocorticoid, secreted by the adrenal glands, and growth hormone produced by the pituitary gland are released in excessive amounts. The purpose of these hormones is to release energy in the form of

glucose and fat which is made available to the cells of the body to cope with stress.

The negative aspect is that, these hormones have a nullifying effect on insulin, a hormone secreted by pancreas and required for the regulation of the sugar level in the blood. This results in elevated levels of blood sugar.

Signs and symptoms of stress

Cold hands, High blood pressure, Insomnia, Indigestion, Change in sleep, Changes in appetite, Irritability, Chronic headaches, Fatigue, Moodiness, etc.

How to cope with stress?

The ability to cope well with stress depends on challenge, control and commitment. One should try to interpret stressful situations as challenges, not as threats. There are three approaches to cope with stress:

(i) The Band-Aid Approach-through drugs, food etc to temporarily relieve the symptoms of stress. While these coping strategies "work" in the short-run, they have harmful long-term effects which make them undesirable.

ii) The Stress Management Approach-with diet, exercise, meditation, biofeedback, or other relaxation therapies. While these strategies have definite advantages over band-aid methods, they still focus mainly on just the symptoms of one's problems and

iii) The Ideal Approach-by modifying or correcting its underlying causes. This is the best way to deal with problems in life.

Prolonged stress causes physical changes in the body such as precipitating diseases like diabetes, hypertension, gastritis and diseases of the joints and skin. An increase in oxygen demand leads to acrdiovascular disease. In fact, ischaemic heart disease, diabetes and High BP are called Diseases of the modern world and are increasing at an alarming rate.
Few Tips for relieving stress.

DO's

1. Talk about your frustrations and troubles to a person who cares: a problem shared is a problem halved.

2. Accept with tranquility circumstances that

you cannot change immediately and work calmly and patiently towards changing them.

3. Seek professional support from a doctor, psychologist or yoga therapist.

4. Know your limits - Don't bite off more than you can chew. Delegate responsibilities. Ask for help!

5. Get plenty of sleep and rest - A quick 15 minute nap in the middle of the day can revitalize you.

6. Balance work with play - Play will energize you.

7. Eat Nutritious food.

8. Think positive.

9. Exercise daily.

10. Reach and maintain your ideal weight.

11. Do pranayama and meditation daily.

DONT'S

i) Smoke, ii) Drink alcohol to excess, iii) Eat fatty Foods, iv) Withdraw from others.

Thus a healthy lifestyle will enhance one's quality of life by helping to lead a stress free life, keep diseases at bay and increase longevity.

WHAT IS YOGA

A recent definition of Health by W.H.O. is "a state of complete physical, mental, social and spiritual well-being and not merely absence of diseases or infirmity". It is only yoga, the most ancient sacred tradition known to humanity which can show the way to perfect health, perfect mind control and perfect peace with one's self, the world and nature. Its roots go back at least 5000 years, far longer than any other religion or spiritual path. It is India's greatest gift to mankind.

The great sage Patanjali who was born in 200 BC systematized the science of yoga which till then was being handed down by word of mouth from one generation to another. The word Yoga is derived from the sanskrit root "yuj" which means to "join", or "merge". The practice of Yoga integrates the body with the mind and the mind with the soul.

"Yoga is integration and harmony between head, heart and hands". Yoga is a science and an art. It can be practiced by all irrespective of race, colour, caste, creed, sex and age.

PATHS OF YOGA

There are various types of yoga. One can choose any path according to one's mental make up.

Jnana Yoga	Union by knowlege
Bhakti Yoga	Union by love and devotion
Karma Yoga	Union by action and service
Hatha Yoga	Union by bodily mastery (Principally of breath)
Raja Yoga	Union by mental mastery

It would be difficult to practise any one of them without to some extent incorporating elements from others.

Hatha Yoga is the best known and most widely practised yoga in the world. The word Hatha is derived from two roots "ha" means 'sun' and "tha" means 'moon'. Central to all the Hatha Yoga disciplines is the regulation of breath, the harmonising of its positive (sun) and negative (moon) currents. Hatha Yoga works upon purifying and perfecting body and through the body upon the mind.

ASHTANGA YOGA

Out of various types of yoga Hatha Yoga is the best known and most widely practised yoga in the world. It was systematised by the great sage Patanjali.

The eight limbs of Hatha Yoga are :

Yama : 1. Non-violence. 2. Truth. 3. Non-Stealing. 4. Self-control. 5. Non-accumulation of needless wealth.

Niyama : 1. Cleanliness and purity. 2. Satisfaction and contentment. 3. Austerity, ability to bear hardship. 4. Self-study. 5. Faith in God.

Asana - Postures

Pranayama - Control of breath and bio-energy.

Pratyahara - Withdrawal of the sense organs from the objects of sense.

Dharana - Intense concentration for developing inner vision

Dhyana - Meditation, uninterrupted and deep concentration for prolonged period

Samadhi - The goal of Yoga, a true sense of communion and peace.

BENEFITS OF YOGA

1. General health is developed.
2. Memory power is enhanced and eye sight is improved.
3. Reduces excess fat and gives good shape to the body.
4. Brings emotions under control.
5. Increases the power of concentration in the work.
6. Reduces depression and anxiety.
7. Increases flexibility of the spine.
8. Improves blood circulation to all parts of the body.
9. The vital organs of the body are activated.
10. Maintains flexibility of the limbs.
11. Neuro-muscular and Neuro-glandular systems are re-conditioned.
12. Helps one to withstand greater stress and strain.
13. Tones up the abdominal organs and muscles.
14. Helps in the elimination of accumulated toxins in the body.

15. Makes one feel fresh throughout the day.
16. Body resistance is increased.
17. Prevents all the diseases.
18. All the endocrine glands are activated. Hormonal balance is maintained.
19. Gives one a feeling of health and harmony.
20. Increases will power and alertness.
21. Paves way for success in life.
22. Helps in cultivation of correct mental attitude.
23. Lowers the triglycerides and blood sugar level.
24. Digestion and excretion are improved.
25. Keeps the skin supple, soft and glowing.
26. Delays aging process and reduces physical fatigue.
27. Helps in getting rid of bad habits.
28. Power of thinking and creativity are increased.
29. Also cures all the diseases and improves longevity.
30. Teaches you to accept life as it is and adjust to the surroundings.
31. Helps us to lead a happy, healthy and long life with positive attitude.

And Many More...

Advantages of Yoga over other systems of exercise

1. Yoga refreshes while others exhaust.
2. There is no age bar for practise of yoga. Young and even very old can do yoga.
3. Patients with Heart disease or High Blood pressure should not do other forms. But yoga can be practised by sick and weak also.
4. Yoga achieves voluntary control of autonomous system. Other systems achieve involuntary control.
5. Range of movement is greater in yoga than anyother system.
6. There is no wear and tear even with prolonged practise of yoga.
7. There is no depletion of hormone or electrolyte imbalances in yoga as in other forms of exercise.
8. Yoga is quiet and restful and less irritative.
9. Energy is conserved in Yoga. Energy is wasted in other exercise.
10. Yoga balances the funtion of the organs. The organ is stimulated if it is underworking. It is suppressed if it is over working. No other exercise does this.
11. Mind is calmed in yoga. It does not occur in other systems.

IMPORTANT INSTRUCTIONS FOR YOGA PRACTISE

1. This should be done in a well-ventilated place.
2. Practise on a rug, mat or blanket.
3. Bladder should be emptied and bowels should be evacuated.
4. Asanas should be done on an empty stomach.
5. It can be done four hours after a heavy meal.
6. Wear loose, minimum clothes.
7. Keep mouth closed. Breathe through the nose.
8. The mind must be calm and undisturbed.
9. If you are tired, practise the relaxation first.
10. Ladies should not do *Asanas* during periods.
11. Close your eyes while doing *Asanas*.
12. Do not wear spectacles or loose ornaments.
13. Avoid strain. Start by practising lightly.
14. Patients who have undergone any type of surgery must avoid *asanas* for six months.
15. Learn yoga only from a qualified *Guru*.

PADMASANA

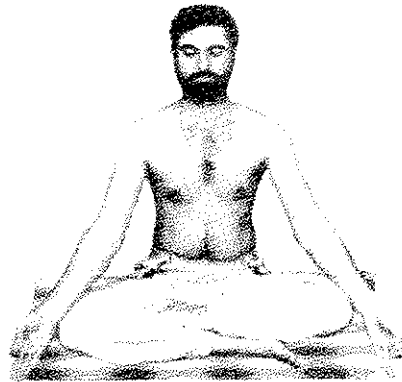


PADMASANA (Lotus Pose)

Sit, keeping both the legs stretched in the front. Bend any one of the legs and place the foot on the opposite thigh, so that the sole faces upward. In the same manner fold the other leg so that both the heels are placed opposite to each other in such a manner that the head, neck and spine should be kept straight and hands should be placed on the knees by forming *dhyanamudra*.

1. The best pose for pranayama and meditation.
2. Removes fatigue.

SUKHASANA



SUKHASANA (Easy Pose)

Sit cross-legged on the mat with heels under opposite thighs and ankles crossed. Keep the body straight, Spine erect, abdomen-drawn in, and head poised. Place hands on knees, palms downwards, completely relax the body of all tension and close the eyes. Watch the normal inhalation and exhalation.

1. It is the easiest and most comfortable of meditation postures.
2. Corrects posture, increases flexibility of knees and ankles.

ARDHA PADMASANA



ARDHA PADMASANA (Half Lotus Pose)

Sit with the legs straight in front of the body. Bend one leg and place the sole of the foot under opposite thigh. Bend the other leg and place the foot on top of the opposite thigh. Without straining, try to place the upper heel as near as possible to the abdomen. The head neck and spine should be kept straight.

1. This is a good posture for *pranayama* and meditation.
2. Cures Leg Pain & Back Pain.
3. Increases flexibility of the spine and the legs.

VAJRASANA



VAJRASANA (Thunderbolt Pose Or Kneeling Pose)

Kneel down with the knees and big toes touching the ground. Then sit on the knees. The whole body weight is supported by ankles and knees. In the beginning, slight pain may be felt in the knee and ankle joints but passes off very quickly. Keep the knees quite close. The trunk, neck and head should be kept in straight line. Place the hands straight on the knees, palms down.

1. Cures peptic ulcer and hyperacidity.
2. Rheumatism is cured and prevented.

SHAVASANA

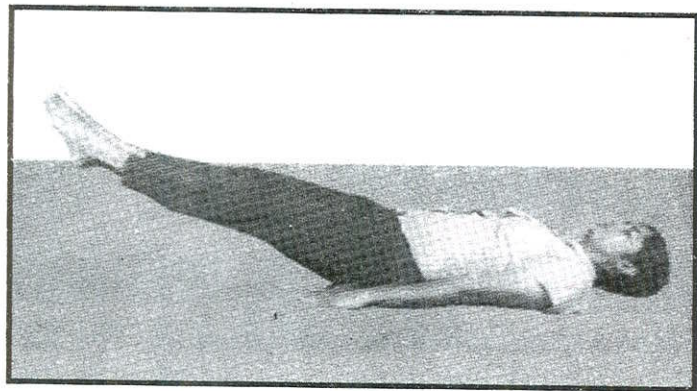


SHAVASANA (Shanti Asana, Peaceful Pose)

Lie on the back face upwards. Keep the legs stretched out and two feet apart. Arms should be kept by the sides a little away from the chest, palms facing upwards. Close the eyes. Keep the body motionless. Keep the mind fixed on the abdominal breathing. Breathe deeply. The abdomen should balloon out while you inhale and should get flattened while you exhale. There is no time limit for this *asana*. This can be performed according to time available.

1. This gives total relaxation to the body.
2. It reduces BP and Pulse rate.

ARDHA HALASANA



ARDHA HALASANA (Half Plough Pose)

Lie on the back with feet together. Keep the arms close to the body, palms facing downward. Now raise both the legs together one foot above the ground without bending the knees. Remain in this position for 15 seconds and bring the legs back to the ground.

1. Relieves ankle, knee and thigh pain.
2. Reduces excess fat in the abdomen.
3. Controls blood sugar.

PAVANAMUKTHASANA

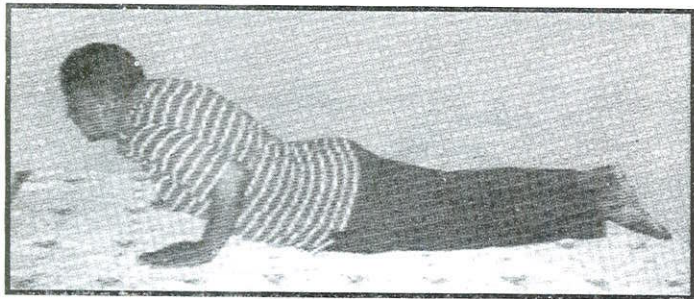


PAVANAMUKTHASANA (Gas releasing Pose)

Bend both the legs at the knees. Make a fingerlock with the hands and place it a little below the knees. Bring the thighs close to the chest. Raise the head near the knees. Remain in this posture for 15 seconds. Then bring the legs and head down to the normal position.

1. This regulates movement of air in the body.
2. Constipation is relieved.

BHUJANGASANA

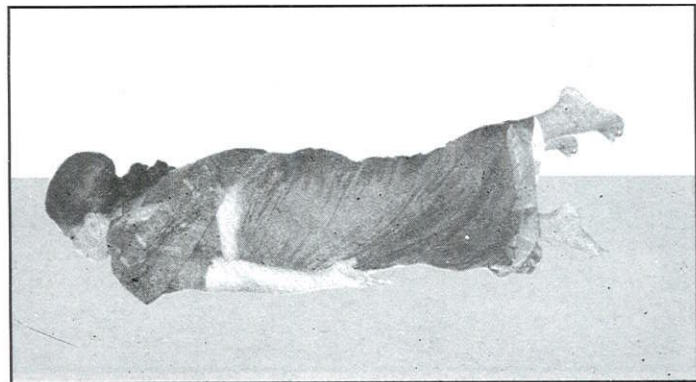


BHUJANGASANA (Cobra Pose)

Lie on the abdomen, keeping the legs together, chin touching the floor and the soles facing up. Keep the hands near shoulder bent at elbows close to the body. Now raise the head first and then the upper portion of the trunk slowly, just as the cobra raises its hood, till the navel portion is about to leave the ground. Keep the body below navel straight in touch with the ground. Remain in this position for 15 seconds.

1. It makes lungs and heart strong.
2. Reduces abdominal fat.
3. Back ache is relieved.

ARDHA SALABHASANA

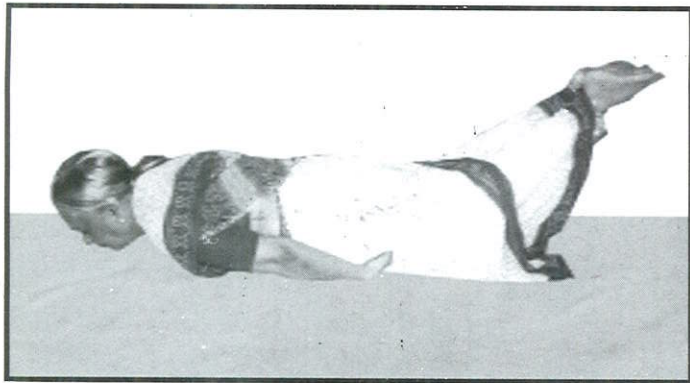


ARDHA SALABHASANA (Half Locust Pose)

Lie on the abdomen. Stretch out the arms on both sides of the waist, with the back parts of the palms resting on the ground. Keep one leg completely resting on the ground and raise the other one as high as possible without bending it at the knees. Remain in this position for 15 seconds. Repeat it with the other leg. Do it twice.

1. It cures backache
2. It cures all the diseases of liver and spleen
3. Good asana for strengthening kidneys and ears.

SALABHASANA

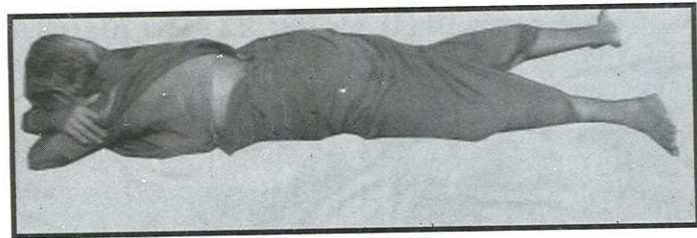


SALABHASANA (Locust Pose)

Lie down on the abdomen. Keep your fists under the waist. Let the chin rest on the floor. Then raise both the legs tightly stretched as high as possible without bending the knees. Remain in this position for 15 seconds. Bring the legs down slowly.

1. It controls blood sugar.
2. This prevents and cures kidney problems.
3. It cures diseases of uterus and ovary.

MAKARASANA



MAKARASANA (Crocodile Pose)

Lie on the abdomen. Keep the legs wide apart. Bring the arms forward and keep the left palm on right shoulder and right palm below the left armpit. Rest the head in between the hands and close the eyes. Concentrate on abdominal breathing.

1. It gives relaxation to all parts of the body.
2. It increases the lungs capacity and oxygen intake.
3. It gives release Asthma, bronchitis and other lung disorders.

VAKRASANA



VAKRASANA (Spinal Twist)

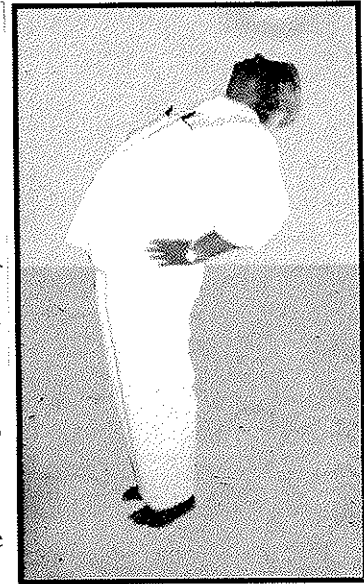
Sit erect and stretch both the legs forward. Bend the right leg and keep it close to the left knee. Bring the right hand backwards and rest it on the floor in a straight line. Bring the left hand from outwards and hold the right ankle. Twist the body right side and lift the head slightly upwards. Remain in this position for 30 seconds. Repeat the same on the left side.

1. It controls blood sugar.
2. Strengthens vertebral column and nervous system.

ARDHA CHAKRASANA

ARDHA CHAKRASANA (Half-wheel Pose)

Stand erect with legs together. Support the back at the waist by the palms. Bend backwards from the lumbar region. Bend the head backwards, stretching the muscles of the neck. Knees should not bend. Remain in this position for 20 seconds. Slowly come back to normal position.



1. This removes excessive fat.
2. Relieves hip pain.

ARDHAKATTI CHAKRASANA

ARDHAKATTI CHAKRASANA

Stand erect with feet close together. Raise the right arm sideways up above the head until the arm touches the ear, palm facing left. Bend slowly on to the left side, keep the left palm down as far as possible along the left leg. Raised hand should not bend at the elbow. Remain in this position for 20 seconds and come back to normal position. Repeat the same on the left side, by bending towards the right.



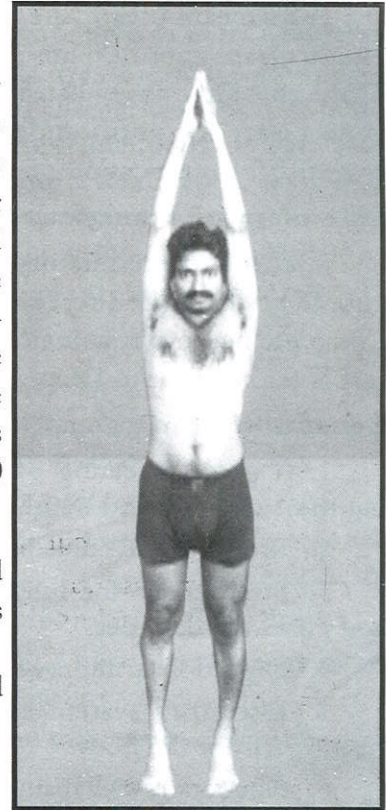
1. This improves liver function.
2. It keeps spine healthy.

TOLASANA

TOLASANA

Stand absolutely straight. Lift the hands slowly upwards keeping it together above the head. Stand on toes and stretch the body. In the beginning, you can take the support of the wall. Remain in this position for 10 seconds.

1. Lungs get expanded and more oxygen is taken in.
2. Pain in the legs and heels get cured.



PRANAYAMA

Prana means breath, life vitality, or cosmic energy. *Ayama* means control. Thus pranayama means control of the vital force by regulated breathing. Just as bathing is necessary for purification of body, Pranayama is essential for purification of mind.

Physiology of Pranayama :

It reduces the respiratory rate, basal metabolic rate and heart rate. It increases the oxygen uptake. Complete neuro-physiological relaxation occurs. This rest is far superior to sleep.

Benefits of Pranayama :

1. It gives a feeling of freshness, energy and lightness of body and mind.
2. Prevents and cures hypertension.
3. Strengthens the lungs. Increases its capacity and cures the disorders.
4. Digestion is improved.
5. Excretory system is stimulated. Toxins are removed from the body.
6. Skin tone is well maintained. Acne is prevented

7. All the endocrine glands are stimulated.

8. It makes the nervous system more energetic.

9. Pranayama can be used for therapy. Problems of high blood pressure, allergic rhinitis, vasomotor rhinitis, sinusitis, recurrent infections of the upper respiratory tract, chronic headaches, migraine, peptic ulcers, anxiety states can be treated by many kinds of pranayama, without the need for asanas.

10. It increases concentration and helps in meditation.

Guidelines :

1. Guidance of an experienced guru and mastery of asanas are essential for pranayama training.

2. It should be done preferably after a bath.

3. The bowels and bladder should be evacuated.

4. It should be done in empty stomach or six hours after a meal, or half an hour after a drink.

5. Early morning and just after sunset in the evening are the best time to practise.

6. It should be done in a clean, airy, quite place free of insects.

7. It should be practised at the same time and place and same posture regularly.

8. It is best done sitting on the floor on a folded blanket in padmasana, or vajrasana Sukhasana.

9. Eyes should be closed throughout.

10. Each should realise his own capacity while doing pranayama and not exceed it.

11. Shavasana after pranayam refreshes both body and mind.

12. Practitioners of pranayama should stop smoking.

NADI SUDDHI PRANAYAMA

(Purification of Subtle Perception Paths)

This pranayama purifies 72 thousands of Nadis in our body. Sit erect in Padmasana (or any other meditative posture). Exhale completely. Close the right nostril with the thumb of the right hand. Inhale slowly, steadily and deeply as long as possible. Release the right nostril and close the left nostril with the little and ring fingers of the right hand, and breathe out through the right nostril. Again breathe in through the right nostril. Again breathe in through the right nostril and then breathe out through the left nostril. This forms one round of NadiSuddhi. Inhalation and

exhalation from each side should be of the same duration.

COOLING PRANAYAMA

1. Sitkari (Folded-up-tongue Pranayama)

Sit in a comfortable posture, with an erect spine. Exhale from both nostrils. Fold the tongue backwards and press the tip of the tongue by the hard palate, leaving narrow openings on either side of the tongue. Inhale through these side openings making a hissing sound. Exhale slowly and continuously through both the nostrils. Repeat the cycle five times.

2. Sadanta (Suck-through-Teeth Pranayama)

Press the upper teeth on the lower ones. Suck in air through the crevices of the teeth slowly and continuously. Exhale through both nostrils. Repeat the cycle 5 times.

3. Sitali (Beak-Tongue Pranayama)

Fold up the sides of the partially protruded tongue so as to form a long narrow tube resembling the beak of a bird. The passage is further narrowed by pressing the lips around the tongue. Inhale, making a hissing noise and perceive the cooling effect of the air as it passes through the tongue. Exhale through both the

nostrils. Repeat the cycle 5 times.

Benefits:

All the above three Sitkari, Sitali, and Sadanta have the same benefits. They are Cooling Pranayamas. Because of their cooling effect, they help in calming down the mind by removing the mental anxiety and tension.

Do not get swelled up when people praise you; do not feel dejected when people blame you.

Whenever you get a little leisure, do not spend it in talking about all and sundry, but utilise it in meditating on God or in doing service to others.

Instead of searching for others' faults, search for your own faults yourself; uproot them, throw them off. It is enough if you search and discover one fault of yours; that is better than discovering tens of hundreds of faults in others.

- *Bhagawan Sri Sathya Sai Baba*

MEDITATION

It is the seventh limb of yoga.

Physiological effects of Meditation

It is scientifically proved by clinical parameters that Meditation is useful in acquiring a healthy long life.

1. The Heart rate, Respiratory rate, Metabolic rate, and Blood pressure is reduced.
2. Heart diseases are prevented and cured.
3. Reduces mental tension.
4. Stabilises biological rhythm.
5. Strengthens mind - body co-ordination.
6. Right and left cerebral hemispheres show better co-ordination.
7. Body is able to cope-up in stressful condition.
8. Muscle tension is reduced.
9. Lowers blood lactate and plasma cortisol.
10. Increases galvanic skin resistance.

GUIDE TO MEDITATION

Dhyana should be performed enthusiastically, with full faith and care, and strictly according to the disciplines laid down.

Sit in a clean place, in a position most comfortable for you. The head, neck and trunk should be in straight line. Do not shake the body. Keep it as firm as a rock. Breathe slowly and deeply. Close your eyes and concentrate gently at the space between two eyebrows. By means of mental massage the whole body from head to toes should be relaxed. Then to keep you attention focussed chant any *mantra*. (your favourite name with om added). Meditate like this for at least 10 minutes. Then open the eyes slowly. Your meditation is now complete and you are ready to resume your daily life with greatest energy. Best time is early morning as soon as you wake up and also another 10 minutes just before retiring at night.

It is better to have a separate meditation room to avoid any interruption. Never miss meditation. Be regular and systematic.

LEARN TO LIVE STRESS FREE

I usually start and end my classes with the message. "Learn to Live". Because Yoga teaches us the art of living. It helps us to accept life, to live in the present, to keep smiling, to be pure, to do good to others and to attain spiritual calmness and lead a stress free life.

Live in the Present

Living in the present is the Secret of Success. Osler said "Live neither in the past nor in the future, but let each day's work absorb your entire energies and satisfy your widest ambition."

"You take care of today. That will take care of tomorrow"-so said an English scholar. Omar Khayyam said "Yesterday is dead, Tomorrow is yet to be born, why lament when today is full of delight? It is necessary to engage ourselves in the work of the present moment." What the scholars have said in the present century had been discovered by the Indian sages thousands of years ago. We have now forgotten their message. The various set-backs and failures that we

experience in life, can be attributed to the neglect of these words of wisdom. Vedic texts says.

“Yogis don't regret the events of the past. They don't care for the future. They operate entirely in the world of the present.

Keep Smiling

Life moves; it proceeds through its road - which is always bumpy. It must. It is route to the top, and as hill-roads always do, it rises and falls. It proceeds through ascents and descents, and yet, if the traveller is facing the peak, in spite of temporary ascents and frequent descents, he is ever progressing. Therefore keep smiling; all falls are a rise in the Total.

“And Finally, Swami Sivananda says “ An ounce of practise is worth several tons of theory.” May all of us practise Yoga and be benefitted immensely by it with the Divine Grace and Learn to Live a happy, healthy, harmonious and stress - free life.

"The Proof of pudding is in its eating".

When two great discoveries, are combined, the results will be incredible! Yes that is what Dr. Hema has done. A Doctor and gynecologist by qualification and profession, she grew passion for YOGA and mastered it. She combines Yoga (from east with medicine (from west) perfect fusion indeed. It was incredible that the body of the patients responded too well that too, too quickly. This book on yoga is a true treasure.

Mr.M.B. Nirmal,

Founder, Exnora International.

Dr. Hema has dedicated herself to spread the message of yoga. Which is the greatest need lead of the hour.

Dr. H.V. Hande,

Former Health Minister & Director, Hande Hospital

The speciality of the book is that the **Asanas** have been demonstrated by the patients who had been benefitted by yoga.

Padmarsri, **Nalli Kuppusami Chettiar**
Industrialist