

## **Procedure for Joining Yogasan Class**

Yogasan class meets every Sunday at Hindu Temple from 9:30 AM to 10:45 AM in the Friendship Hall (Basement) unless it is reserved or occupied with some other activity or event. In the event of such conflicts, an alternate location is found in the temple. The Yoga class is made up of serious and committed Yoga practitioners. The group is referred to as Yog Pariwaar. The procedure to join the Pariwaar is as follows:

1. On the first day, the interested person must come to the class and watch carefully the entire session.
2. During the Yogasan session the teacher consults with the person about his/her health situation. In this consultation the health problems and the commitment to follow the Yogasan discipline of the Pariwaar are carefully addressed to make sure that:
  - a. The person is fit to start Yog practice.
  - b. The person is seriously interested in learning and following Yog discipline.
  - c. The reason for starting Yoga practice is genuine. If the reason is nothing more than curiosity to see what Yogasan is all about then the person is not ready to take the commitment and should not join the Pariwaar.
  - d. The person is willing to spend at least 15 minutes every day (morning or evening) at home in his/her practice. Missing practice and/or the class because of work assignment or traveling is acceptable.
3. If everything goes well then the person is advised to join the class from the next session or some later time.
4. Joining times (4 times in a year): A person can join only in the first week of January, April, July and October.
5. The person is responsible for bringing his/her own mat.
6. It is mandatory to become a member of the temple to join Yog class. The person should contact Temple manager Shri Goyal Jee to become a member.
7. A member is included in Pariwaar's email list and in WhatsApp group.

## **The Philosophy and Practice of Yogasan Class**

Yogasan class is conducted in Four stages (a) Surya Namaskaar, (b) Hathyog practice, (c) Pranayam and Dhyam, and (d) Discussion on Vedic Dharm.

### **Surya Namaskaar**

Three cycles are completed. Each cycle has 12 postures; the first 6 postures are repeated from the seventh position with very minor variations in a couple of postures. Each posture of Surya Namaskaar is associated with its unique mantra that must be recited correctly during the practice of that posture. Proper speed is maintained during the entire 3-cycle set.

### **Hathyog practice**

A number of asans are practices in this session. On the basis of the initial health discussion a set of asnas are taught to each member of the pariwaar. Most asans are practiced by all members but some members may do asans specific to their body, mind and temperament. Practice of wrong asans and a combination of asans are quite harmful to entire personality of the practitioner. Such practice is carefully avoided.

### **Pranayam and Dhyam**

After Hathyog, pranayam is practiced. Every member learns pranayam slowly and carefully. Four to five different types of pranayam are taught. After pranayam Dhyam (meditation) is practiced during which Shantipaath and Gayatri Mantra are uttered.

### **Discussion of Vedic Dharm**

Pariwaar members participate in the discussion of our Dharm. We discuss the composition, history, contents, etc. of our scriptures (Ved, Puran, Upnishad, etc.)

### **Discussion on Practical Philosophy**

Dharma pervades every aspect of our lives. We discuss how does it connects us with the world and how does it help us to be free from its influence.

The class ends by 10:45 AM.