

RAJA YOGA

TRADITIONAL MEDITATION

WHEN 11:30^{AM} – 12:30^{PM}

September 19, 2015

WHERE

The Hindu Temple and
Cultural Center of Bham

FEE (9 WEEKS)

\$100, Students \$50

Family (2) \$150

Family (4) \$200

Calm & Clear · A comprehensive and logical training progression emphasizing traditional yoga samyama: Dharana, Dhyana, and Samadhi (concentration, meditation, and 'superconscious' states) – and 'modern' biobehavioral science. Emphasis: Simple, direct, and practical.

Yoga is meditation. Meditation begins with Pratyahara. Pratyahara is relaxation and sense withdrawal.

One pratyahara = 10 to 20 seconds.

One dharana = 12 pratyahara = 2 to 4 minutes.

One dhyana = 12 dharana = 24 to 48 minutes.

One samadhi = 12 dhyana = ~5 or more hours.

<http://kalanatha.net>

FOUNDATION

The entry point ...

Mind-Body-Energy 1

Pranayama

1. Anatomy of breathing
 - Structures
 - Phases
2. Breath regulation
 - 3-stage breathing
 - 2-stage breathing
 - Rhythm
 - Rate
3. Alternate nostril breathing
 - Nadhi Shodhana
 - Lungro Selwa

Pratyahara

Relaxation & Sensory Control

1. Progressive tense/release
2. Patterns of tension with simultaneous relaxation
3. Direct relaxation
4. Rapid/Instant relaxation

Dharana

Concentration

1. Association
2. Tracing, sequencing
3. Visualization
 - Assembly, Manipulation
4. Mental 'Gymnastics'

Dhyana

Preview of Meditation 1

- Composure ('Calm')

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