



# 4

### Introduction to Meditation on the Breath

- Meditation on the breath is one of the most universal practices to help you move beyond the mind into the pool of infinite knowledge.
- As your mind become quiet, your breath becomes quiet.
- This profound process of meditating is accessible to everyone.

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# 5

### *Samkhya & Yoga: The View from the Top of the Mountain*

- *Samkhya* is the philosophical root of yoga.
- More than 2,500 years old. *Samkhya* is acknowledged in the *Bhagavad Gita* as the supreme philosophy.
- The basis of *Ayurveda* and other Vedic sciences.
- The foundation of *Samkhya*—the universe is divided into 2 realms:
  - *Purusha* and *Prakriti*: consciousness and creative potential
  - *Purusha*: Unmanifest consciousness, the One, all-pervading reality. That part of you that is not subject to change.
  - *Purusha* means “mighty, real person,” the field of consciousness that is more powerful than your changing circumstances.
  - *Prakriti*—creative potential; that which moves things from a singular reality into the reality of many. Your body, mind/mood, the world are always changing.
- Thus, yoga is both:
  - A process of disconnecting your self from that which is changing, in order to connect to that which is Eternal and...
  - A process that we use to positively influence the direction of change so that we achieve the core aim of life: suffer less and thrive more.
- The 1st step is to become aware of your limitations/challenges or obstacles, while accessing your innate state of order and balance.



# 6

### Breath is the Core of *Yoga* Practice

- Yoga's core intention: To move you from where you are currently to a better place.
- Habituation obstructs you from freely creating positive change, confining you and your perception and thus, linking you to a never-ending source of suffering.
- To maximize yoga's effect we include *asana* along with other techniques: breath (*pranayama*), visualization, meditation, chanting, mantra in addition to *ayurvedic* principles and practices.
- The breath is more powerful than your body (*asana*) to create positive mental changes:
  - changing your breath patterns immediately effects your nervous system.
  - the more *yogic* tools you mindfully engage as part of your practice (breath, mind, meditation etc.), the more awareness is expanded.
  - applying a more expanded and diverse approach to practice maximizes its reach and impact.
- *ParaYoga* integrates movement, breath, focus and intention to transform habituation and patterning at the level of body, breath and mind.
- We use *asana* to improve the breath, *not* breath to improve *asana*.



- The sequence of yoga, according to the Tradition, consists of:
  - through the body we connect to the breath;
  - through breath we link to the mind;
  - through the mind we link to the soul.

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