



Week 11

**This Handout is also Week 2 Handout.
It will also be used for Week 11.**

Overview of Lecture

Yamas

Niyamas

Asanas

Yamas

Yamas refer to the things one must not do.

1. Do not kill. Support all lifeforms. Nature is precious. Humans do not have the right to destroy.
2. Do not lie, be honest. It takes a lot of courage to be truthful. If you speak truthfully, it is the first step to finding the truth.
3. Do not steal. Everyone feels guilty when they steal. Stealing is also speaking about things that you have not experienced.
4. Do not crave. Receive only that which you should naturally have.
5. Do not possess. Share everything in a way that benefits all life.

Niyamas

Niyamas refers to the things one should do and are encouraged to do.

1. Purify your mind and body. Eat according to your true needs. Find out what it is to be yourself. It's important to eliminate things that cause struggles.
2. Be satisfied. The Universe provides exactly what humans need. If you are sick be sick. You are always given at any moment what you need. Be always grateful.
3. Have boundaries. Having boundaries means you separate yourself from your emotions. Having boundaries means you are unaffected by happiness anger or sadness. Understand the truth. Avoid misunderstanding. Know what you know. And know what you don't know.
4. Be disciplined. Humans can indulge themselves by using their minds and separate themselves from nature. We need to stimulate ourselves and consciously adapt to our surroundings. The more advanced our society the more discipline and training we need.
5. Pray.

Asana

We can categorise the human body into two main categories:

- Conscious movement
- Unconscious movement.

The Autonomic nervous system helps govern the subconscious functions. In the autonomic nervous system the two main categories are the sympathetic and the other is the parasympathetic. The parasympathetic nerves suppress functioning and the sympathetic stimulates functioning.

Stimulation of the sympathetic nervous makes the blood acidic. This results from moving the spine, bending forward, exercising generally, thinking, sexual drive or appetite, bathing, anger, hatred or eating meat and acidic foods.

Stimulation of the parasympathetic nervous makes the blood alkaline this results from moving the abdomen, bending backwards, meditating, deep breathing, warm baths, sleeping, laughing, enjoying, being happy, or eating vegetarian in the alkalizing foods.

The core of the body is called or Uddiyana in yoga - or tandem in Chinese and hara Japanese - basically it's your lower back and belly.

Enhancing the strength of this central point means your life force energy and your ability to sustain health will increase.

To create more power in this area is one of the most important achievement in yoga training.

This stabilizes the physical body and the mind that's why the area of Uddiyana is called the throne of God.

Lowering your centre of gravity promotes alkalinity and calmness. An acidic condition creates agitation and aggression in children and worry and anger in adults. An acidic condition can lead to getting sick easily and make you nervous and tense. Your metabolism ends up abnormal and you can tire easily mentally and physically.