



5 TIPS FOR A HEALTHY LIFE & YOGA PRACTICE

S K Y L I G H T Y O G A



POSITIVE THINKING

CONTROL SENSES & MIND

Yogic thought is subtle and penetrative. "Dhyana" or meditation implies that the energy of the mind is focused on the Absolute Self, removing all false ideas, projections and negative thoughts. | **THINK**

PURE FOOD

NUTRITIONAL & NON-INJURIOUS

Yogic diet is "Sattvic" - one that is clean, simple and natural; vegetarian or vegan; and well-balanced, It gives a high resistance to disease, keeps the body light and supple and the mind calm and clear. | **EAT**



COMPLETE RELAXATION

RELEASE TENSION & GET RESTED

Yogic sleep or "Nidra" is much more impactful than traditional sleep. Relaxing the body and mind carries over into all activities and teaches one to conserve energy and let go of all worries or fears. | **RELAX**

DEEP BREATHING

EVENLY & RHYTHMICALLY

Yogic breathing or "Pranayama" means making use of all, not just part, of the lungs to increase the intake of oxygen and vital energy. This helps to store, expand, recharge and regulate the life force. | **BREATHE**



DAILY MOVEMENT

EXERCISE ALL BODY PARTS

Yogic posture or "Asana" works systematically by stretching and toning the muscles and ligaments, keeping the spine and joints flexible, improving circulation and increasing bone density. | **MOVE**

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"We practice Yoga to achieve Yoga." - Sri Sudarshan

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