



The Yogic Capsule

Capsule 1

Upon waking in the morning

1. Maha Mritjunjaya Mantra 11x

for wellbeing and health

Om tryambakam yajamahe
Sugandhim puthivardhanam
Urvaarukamiva bandhanaan
Mrityormuksheeya maamritaat

2. Gayatri Mantra

11x

for mental fitness

Om bhur bhuvah swaha
Tat savitur varenyam
Bhargo devasya dheemahi
Dhiyo yo nah prachodayat

Capsule 2

After rising 5 asanas to balance, vitalise and stretch the body



Tadasana
5x



Tiriaka Tadasana
5x each side



Kati Chakrasana
5x each side

“Nowadays, people like to take their vitamin and mineral tablets. We like a quick fix. In the same manner 5 Yoga capsules are to be taken daily.

I believe that of the 24 hours in the day we can devote one hour to our development and growth. We divide that one hour in 10 minute blocks. 10 minutes of mantra chanting which you practise early in the morning after you wake up, followed by 10 minutes of asanas. Then, during the day at work, whenever you feel tired and exhausted you practise pranayama.

When you come home from work you do a 10 minute ‘power nap’ to clear the mind of the impressions and stresses that have accumulated during the day before you get on with your evening activities. Before sleep you practice 10 minutes meditation to review the day and so you can go to bed in a relaxed state of mind for a better quality of sleep and a better tomorrow.

For those of us who have a busy life, applying these 5 capsules will help a lot. Beyond the capsules if you want to do any extra activities in Yoga do them but maintain these 5 capsules as much as possible every day. Eventually you will win the fight against your own stresses and you will be able to experience a qualitative you.”

Health

Swami Niranjanananda



Vitality

Capsule 3

Later on in the day: pranayama

Surya Namasakara
3 rounds
1. normal breathing
2. holding each position for 3 breaths
3. fast

1 Inverted asana
if no contra-
indications

Brahmari
7x
for tranquillity

Nadi Shodan
7 rounds
for balance

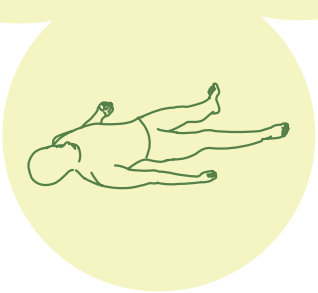
Alternate daily with
1. **Bhastrika** for clarity of mind and vitality
2. **Kapalbhati** for purification of circulatory and respiratory systems

Capsule 4

IN THE LATE AFTERNOON

'Power nap'

- One rotation of consciousness around the body, as in yoga nidra. Take about 5 minutes to settle the body
- Have awareness either of:
- The movement of the abdomen while counting 25 breaths (this induces relaxation)
- So-Ham Mantra between navel and throat/ throat and navel (this brings clarity of mind)



Capsule 5

Before sleeping



Meditation

- Practice one yama and one niyama
- Review and analyse the day mentally. Ask yourself 'What could I have done better? In an unpleasant or difficult situation, could I have handled it in a better way? How will I react if this occurs again?'

- Do these practices daily from Monday to Friday
- On Saturday do Neti and one meditation practice – Ajapa Japa, Antar Mouna, or Kaya Sthairyam
- On Sunday take the day off

For detailed instructions for all practices and further information on the yogic capsule, please contact us.