



BODHIDHAM

Yoga School & Retreat Ashram

Yoga and Meditation

Guide manual for all level of practitioners

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1. Introduction

Yoga and meditation are ancient practices that have been used for centuries to improve physical and mental well-being in a primary level, ultimately purpose of yoga and meditation is to attain the self-realization. Both practices involve physical movement and mindfulness, and they can be done alone or in a group setting.



Yoga starts with physical practice that involves a series of postures and movements called asanas. These asanas help to improve flexibility, strength, and balance, and they can also help to reduce stress and improve overall physical health. In addition to the physical benefits, yoga also has mental benefits, as it helps to calm the mind and improve focus and concentration.

Meditation is a mental practice that involves focusing the mind on a single point of reference, such as the breath, mantra any Image of deities or seen . Meditation helps to calm the mind and reduces the stress, and it has been shown to have numerous health benefits, including reducing anxiety and depression, improving sleep, and increasing overall well-being. Opening the inner dimension of creativity and self exploration.

Both yoga and meditation can be practiced by people of all ages and fitness levels, and they can be done anywhere, at any time. There are many different styles of yoga and meditation, so it's easy to find a practice that works for you.

If you're interested in trying yoga or meditation, there are many resources available, including classes at yoga studios, online classes, and apps. It's important to find a style and teacher that resonates with you, and to listen to your body and modify the practice as needed. With regular practice, yoga and meditation can help you to improve your physical and mental well-being and lead a happier, healthier life.



At Bodhidham Yoga School and Retreat Ashram, both yoga and meditation is a regular and everyday practice. We have a special schedule for traditional rituals like puja and only serve Fresh and organic, strictly vegetarian food. Our teachers come from different specializations of yoga and are even more strict on the choice of foods and lifestyle.

2. History of Yoga and Meditation

Yoga and meditation have a long and rich history dating back thousands of years. Both practices originated in ancient India and have been passed down through the generations in various forms.



The origins of yoga can be traced back to at least the 5th century BCE, with the earliest written record of the practice found in the ancient Indian scriptures known as the Vedas. These texts describe yoga as a way to cultivate physical and mental well-being and to achieve union with the divine.

Over the centuries, yoga has evolved and developed into many different styles and traditions, each with its own unique approach to the practice. Today, yoga is practiced all over the world and is embraced by people of all ages and fitness levels

as a way to improve physical and mental well-being.

Meditation has a similarly long history, with roots dating back to at least the 6th century BCE. Like yoga, meditation has its origins in ancient India and has been passed down through the generations in various forms.

Meditation is an ancient practice that involves focusing the mind on a single point of reference, such as the breath, mantra, deities or scenery. There are other multiple techniques to practice meditation. It is often associated with spiritual and religious traditions, but it can also be practiced as a secular practice for the purpose of improving mental well-being and contentment.

Today, meditation is practiced all over the world and is embraced by people of all ages and from all walks of life as a way to reduce stress and improve overall well-being.



In conclusion, yoga and meditation are ancient practices with a rich history that have been passed down through the generations. Both practices have evolved over the centuries and are now embraced by people all over the world as a way to improve physical and mental well-being.

In recent years, there has been a growing body of research on the potential benefits of yoga and meditation. Both practices have been studied for their effects on physical and mental health, and the results of these studies have been promising.

One area where yoga has been studied extensively is its effects on physical health. Research has shown that regular yoga practice can improve flexibility, strength, and balance, and it can also help to reduce stress and improve overall physical health. Yoga has also been shown to have a positive impact on conditions such as high blood pressure, heart disease, and chronic pain.

In terms of mental health, yoga has been shown to have a number of benefits. Studies have shown that regular yoga practice can reduce anxiety and depression, improve sleep, and increase overall well-being. Yoga has also been shown to improve focus and concentration and to reduce stress and fatigue.

Meditation has also been studied extensively for its effects on mental health. Research has shown that meditation can reduce anxiety and depression, improve sleep, and increase overall well-being. It has also been shown to improve focus and concentration and to reduce stress and fatigue.

In addition to its effects on physical and mental health, yoga and meditation have also been studied for their effects on overall quality of life. Studies have shown that regular practice of yoga and meditation can improve overall quality of life and lead to greater happiness and satisfaction.



Overall, modern research has provided strong evidence for the potential benefits of yoga and meditation for both physical and mental health. While more research is needed to fully understand the mechanisms behind these benefits, the results of current studies are encouraging and suggest that regular practice of these ancient practices can lead to improved physical and mental well-being.

3. Yoga and its Types



Yoga is a physical and mental practice that involves a series of postures and movements called asanas, as well as breathing techniques and meditation. Over the centuries, yoga has evolved and developed into many different styles and traditions, each with its own unique approach to the practice. Here are some of the most popular types of yoga:

1. **Hatha Yoga:** Hatha yoga is a traditional style of yoga that emphasizes physical postures (asanas) and breathing techniques (pranayama). Hatha yoga is a good choice for beginners, as it is generally slower paced and focuses on proper alignment and technique.
2. **Vinyasa Yoga:** Vinyasa yoga, also known as flow yoga, is a style of yoga that involves fluid, continuous movement between asanas. Vinyasa yoga is often fast paced and focuses on linking breath and movement.
3. **Iyengar Yoga:** Iyengar yoga is a style of yoga that emphasizes precise alignment and the use of props, such as blocks and straps, to help practitioners achieve proper form. Iyengar yoga is known for its attention to detail and is a good choice for those looking to improve their alignment and technique.

4. **Ashtanga Yoga:** Ashtanga yoga is a style of yoga that involves a set series of asanas that are performed in a specific order. Ashtanga yoga is physically demanding and is known for its use of vinyasa, or flowing movement, between asanas.
5. **Bikram Yoga:** Bikram yoga is a style of yoga that is practiced in a heated room. The heat is believed to help improve flexibility and detoxify the body. Bikram yoga follows a specific sequence of 26 asanas and is suitable for all levels.
6. **Restorative Yoga:** Restorative yoga is a style of yoga that focuses on relaxation and rest. Restorative yoga involves the use of props, such as blankets and bolsters, to support the body in comfortable, restful poses.

These are just a few of the many styles of yoga that are available. With so many options, it's easy to find a style of yoga that resonates with you and meets your needs.



Example of Restorative Yoga:

Jal Niti: Jal Neti is a yogic cleansing technique used to clear the nasal passages and sinuses. It involves using a special pot called a neti pot to pour saline water into one nostril and allowing it to flow out of the other. This practice is believed to promote nasal hygiene, improve breathing, and reduce the risk of sinus-related infections.

3.1 Hatha Yoga



Hatha yoga is a traditional style of yoga that emphasizes physical postures (asanas) and breathing techniques (pranayama). Hatha yoga is a good choice for beginners, as it is generally slower paced and focuses on proper alignment and technique.

Hatha yoga originated in ancient India and is the foundation of many modern styles of yoga. The word "hatha" is derived from the Sanskrit words "ham," which means sun, and "tham," which means moon. Hatha yoga aims to bring balance to the body and mind by combining the opposing forces of the sun and moon, or the masculine and feminine energies within us. And bring us to at tranquil state.

In a Hatha yoga class, you can expect to practice a variety of asanas, or physical postures. These asanas are designed to improve flexibility, strength, and balance, and they can also help to reduce stress and improve overall physical health. Hatha yoga classes may also include pranayama, or breathing techniques, which can help to enhance vitality and calm the mind to improve focus and concentration.



Hatha yoga is suitable for people of all ages and fitness levels, and it can be modified to meet the needs of each individual practitioner. It is important to listen to your body and modify the practice as needed to ensure that you are comfortable and safe.

Hatha yoga is often taught in a series of classes, with each class building on the skills and knowledge learned in previous classes. Many Hatha yoga classes follow a set sequence of asanas, although some teachers may vary the sequence based on the needs and abilities of their students.

In addition to its physical benefits, Hatha yoga also has mental benefits, as it helps to calm the mind and improve focus and concentration. With regular practice, Hatha yoga can help you to improve your physical and mental well-being and lead a happier, healthier life.

There are many different styles of Hatha yoga, each with its own unique approach to the practice. Some styles, such as Iyengar yoga, place a strong emphasis on alignment and the use of props, such as blocks and straps, to help practitioners achieve proper form. Other styles, such as Ashtanga yoga, follow a set sequence of asanas that are performed in a specific order.

Regardless of the style of Hatha yoga you choose, it is important to find a teacher who resonates with you and a practice that meets your needs. With regular practice and the guidance of a qualified teacher, Hatha yoga can be a powerful tool for improving physical and mental well-being.

3.2 Vinyasa yoga

Vinyasa yoga, also known as flow yoga, is a style of yoga that involves fluid, continuous movement between asanas. Vinyasa yoga is often fast paced and focuses on linking breath and movement. This is modern approach of practice.

Vinyasa yoga originated in India and is based on the principles of Hatha yoga. The word "vinyasa" means "to place in a special way," and in Vinyasa yoga, this refers to the flow of movement between asanas. In a Vinyasa yoga class, you can expect to move seamlessly from one asana to the next, with the breath serving as the guiding force.



One of the main benefits of Vinyasa yoga is that it can be a physically demanding practice that helps to improve strength and cardiovascular endurance. In addition to its physical benefits, Vinyasa yoga also has mental benefits, as it helps to improve focus and concentration and to reduce stress and fatigue.

Vinyasa yoga is suitable for people of all ages and fitness levels, and it can be modified to meet the needs of each individual practitioner. It is important to listen to your body and modify the practice as needed to ensure that you are comfortable and safe.

There are many different styles of Vinyasa yoga, each with its own unique approach to the practice. Some styles, such as Ashtanga yoga, follow a set sequence of asanas that are performed in a specific order. Other styles, such as Jivamukti yoga, combine physical practice with spiritual teachings and activism.

Regardless of the style of Vinyasa yoga you choose, it is important to find a teacher who resonates with you and a practice that meets your needs. With regular practice and the guidance of a qualified teacher, Vinyasa yoga can be a powerful tool for improving physical and mental well-being.

3.3 Lyengar yoga

Lyengar yoga is a style of yoga that emphasizes precise alignment and the use of props, such as blocks and straps, to help practitioners achieve proper form. Lyengar yoga is known for its attention to detail and is a good choice for those looking to improve their alignment and technique.

Lyengar yoga was developed by B.K.S. Lyengar, a world-renowned yoga teacher and author who has been credited with bringing yoga to the western world. His book, *Light on yoga* is quite popular. Lyengar yoga is based on the principles of Hatha yoga and places a strong emphasis on proper alignment and the use of props to support the body in each asana.



In an lyengar yoga class, you can expect to practice a variety of asanas, or physical postures. These asanas are designed to improve flexibility, strength, and balance, and they can also help to reduce stress and improve overall physical health. Lyengar yoga classes may also include pranayama, or breathing techniques, which can help to calm the mind and improve focus and concentration.

Lyengar yoga is suitable for people of all ages and fitness levels, and it can be modified to meet the needs of each individual practitioner. It is important to listen to your body and modify the practice as needed to ensure that you are comfortable and safe.

In addition to its physical benefits, Iyengar yoga also has mental benefits, as it helps to calm the mind and improve focus and concentration. With regular practice, Iyengar yoga can help you to improve your physical and mental well-being and lead a happier, healthier life.

Iyengar yoga is often taught in a series of classes, with each class building on the skills and knowledge learned in previous classes. Many Iyengar yoga classes follow a set sequence of asanas, although some teachers may vary the sequence based on the needs and abilities of their students.

It is important to find a qualified Iyengar yoga teacher who can guide you through the practice and help you to improve your alignment and technique. With the guidance of a qualified teacher and regular practice, Iyengar yoga can be a powerful tool for improving physical and mental well-being.



3.2 Ashtanga yoga



Ashtanga yoga is a style of yoga that involves a set series of asanas that are performed in a specific order. Ashtanga yoga is physically demanding and is known for its use of vinyasa, or flowing movement, between asanas. This is also modern approach of practice. Both Ashtanga and vinyasa are relatable practice of series and similar.

Ashtanga yoga was developed by K. Pattabhi Jois, a world-renowned yoga teacher who was a student of T. Krishnamacharya, one of the pioneers of modern yoga. Ashtanga yoga is based on the principles of Hatha yoga and follows a set series of asanas, or physical postures, that are performed in a specific order.

In an Ashtanga yoga class, you can expect to practice the same sequence of asanas each time, with the goal of eventually memorizing the entire series. Ashtanga yoga is known for its use of vinyasa, or flowing movement, between asanas, and for its physically demanding nature.

Ashtanga yoga is suitable for people of all ages and fitness levels, although it is generally more physically demanding than other styles of yoga. It is important to listen to your body and modify the practice as needed to ensure that you are comfortable and safe.

In addition to its physical benefits, Ashtanga yoga also has mental benefits, as it helps to improve focus and concentration and to reduce stress and fatigue. With regular practice, Ashtanga yoga can help you to improve your physical and mental well-being and lead a happier, healthier life.



There are many different styles of Ashtanga yoga, each with its own unique approach to the practice. Some styles, such as Mysore style, involve practicing the same sequence of asanas each time, while others, such as led Ashtanga, involve a teacher leading the class through the sequence of asanas. Focus on breath and dristi or gazing internally on the movement of the postures are required in Ashtanga Vinyasa practice.

Regardless of the style of Ashtanga yoga you choose, it is important to find a qualified teacher who can guide you through the practice and help you to improve your alignment and technique. With regular practice and the guidance of a qualified

3.5 Bikram Yoga

Bikram yoga, also known as hot yoga, is a style of yoga that is practiced in a heated room. Bikram yoga is known for its physically demanding nature and is a good choice for those looking to improve their strength and flexibility.

Bikram yoga was developed by Bikram Choudhury, who was born in Calcutta India. A yoga teacher who opened the first Bikram yoga studio in Los Angeles in the 1970s. Bikram yoga is based on the principles of Hatha yoga and follows a set series of asanas, or physical postures, that are performed in a specific order.

In a Bikram yoga class, you can expect to practice the same sequence of asanas each time, with the goal of eventually memorizing the entire series. Bikram yoga classes are held in a heated room, typically between 95 and 105 degrees Fahrenheit, and are known for their physically demanding nature.

Bikram yoga is suitable for people of all ages and fitness levels, although it is generally more physically demanding than other styles of yoga. It is important to listen to your body and modify the practice as needed to ensure that you are comfortable and safe.

In addition to its physical benefits, Bikram yoga also has mental benefits, as it helps to improve focus and concentration and to reduce stress and fatigue. With regular practice, Bikram yoga can help you to improve your physical and mental well-being and lead a happier, healthier life.

There are many different styles of Bikram yoga, each with its own unique approach to the practice. Some studios may offer variations on the traditional Bikram sequence, while others may follow the traditional sequence exactly.

Regardless of the style of Bikram yoga you choose, it is important to find a qualified teacher who can guide you through the practice and help you to improve your alignment and technique. With regular practice and the guidance of a qualified teacher, Bikram yoga can be a powerful tool for improving physical and mental well-being.

3.6 Restorative Yoga

Restorative yoga is a style of yoga that involves the use of props, such as blankets, blocks, and straps, to support the body in each asana. Restorative yoga is known for its relaxing and restful nature and is a good choice for those looking to reduce stress and improve overall well-being.

Restorative yoga was developed by the disciple of B.K.S. Iyengar, a world-renowned yoga teacher and author who has been credited with bringing yoga to the western world. Restorative yoga is based on the principles of Hatha yoga and places a strong emphasis on the use of props to support the body in each asana.

In a Restorative yoga class, you can expect to practice a variety of asanas, or physical postures, that are designed to improve flexibility, strength, and balance. Restorative yoga classes may also include pranayama, or breathing techniques, which can help to calm the mind and improve focus and concentration.

Restorative yoga is suitable for people of all ages and fitness levels, and it can be modified to meet the needs of each individual practitioner. It is important to listen to your body and modify the practice as needed to ensure that you are comfortable and safe.

In addition to its physical benefits, Restorative yoga also has mental benefits, as it helps to calm the mind and improve focus and concentration. With regular practice, Restorative yoga can help you to improve your physical and mental well-being and lead a happier, healthier life.

Restorative yoga is often taught in a series of classes, with each class building on the skills and knowledge learned in previous classes. Many Restorative yoga classes follow a set sequence of asanas, although some teachers may vary the sequence based on the needs and abilities of their students.

It is important to find a qualified Restorative yoga teacher who can guide you through the practice and help you to improve your alignment and technique. With the guidance of a qualified teacher and regular practice, Restorative yoga can be a powerful tool for improving physical and mental well-being.

4. Common Yoga Practices

Yoga is a physical, mental, and spiritual discipline that originated in ancient India and has been practiced for over 5,000 years. There are many different styles of yoga, each with its own unique approach to the practice. Some common yoga practices include:



1. **Asana:** Asana, or physical postures, are an important part of most styles of yoga. Asanas are designed to improve flexibility, strength, and balance, and are often performed in a specific sequence. There are many different types of asanas, ranging from standing poses to seated poses to inverted poses. Each asana has its own unique benefits, and the practice of asanas can help to improve posture, reduce stress, and increase overall physical and mental well-being.
2. **Pranayama:** Pranayama, or breathing techniques, are an important part in practice of yoga. Pranayama helps to calm the mind and improve focus and concentration, and is often included in yoga classes and practices. There are many different types of pranayama techniques, ranging from simple deep breathing exercises to more advanced techniques such as alternate nostril breathing. Pranayama can help to improve respiratory function, reduces stress, and improve overall physical and mental well-being. Main objective of Pranayama is to detox your system, increase the vitality and longevity.
3. **Meditation:** Meditation is a common practice in many styles of yoga. Meditation helps to calm the mind and improve focus and concentration, and can be a powerful tool for reducing stress and improving overall well-being. There are many different types of meditation, ranging from simple mindfulness meditation to more advanced techniques

such as visualization or mantra repetition. Meditation can be practiced in a variety of settings, including in a seated position, mindfulness can be practiced by walking, or even while engaged in daily activities. Meditation leads you closer towards your spirit and transforms your being.

4. **Mantra:** Mantra, or sacred sound, is often used in yoga practices to help focus the mind and create a sense of inner peace and harmony. Mantra can be practiced by repeating a specific sound, word, or phrase, either out loud or silently in the mind. Mantra can be used as a tool for meditation and can help to calm the mind and improve focus and concentration. Mantra also helps to heal many of your physical and mental complication.
5. **Yoga philosophy:** Yoga philosophy is the study of the principles and practices of yoga. Yoga philosophy includes the study of the yoga sutras, a collection of ancient texts that outline the principles and practices of yoga. Yoga philosophy covers a wide range of topics, including the nature of reality, the role of the individual in society, and the path to spiritual enlightenment. Yoga philosophy helps to clear your doubts and makes your path steady into spirituality.

Regardless of the style of yoga you choose, it is important to find a qualified teacher who can guide you through the practice and help you to improve your alignment and technique. With regular practice and the guidance of a qualified teacher



4.1 Asana



Asana is a term used in yoga to refer to physical postures, or poses. Asanas are an important part of most styles of yoga and are designed to improve flexibility, strength, and balance. It is believed there are 4.8 million species in the world and there are same no of postures in existence. Belief is only the lord Shiva knows them all, as he is the creator of yogic science. Human is not capable to comprehend it with limited mind. That's why yogis have brought it down to eighty-four postures. Where eighty are dynamic postures and four are static pose. Which are also known as meditation pose. Actual purpose of Asana is to make one eligible to sit in meditation for a longer period of time.

There are many different types of asanas, ranging from standing poses to seated poses, prone and supine poses to inverted poses. Some common standing asanas include Warrior Pose, Triangle Pose, and Tree Pose. Seated asanas include Lotus Pose, Seated Forward Bend, and Child's Pose. Inverted asanas include Shoulder Stand, Headstand, and Handstand etc. Each asana has its own unique benefits, and the practice of asanas can help to improve posture, reduce stress, and increase overall physical and mental well-being.

In a yoga class, you can expect to practice a variety of asanas, and the sequence of asanas may vary depending on the style of yoga being taught. Some styles of yoga, such as Ashtanga yoga, follow a set sequence of asanas, while others, such as Vinyasa yoga, involve the creation of a flow of movement between asanas. Hatha yoga demands you to hold the posture for longer period.

It is important to find a qualified yoga teacher who can guide you through the practice of asanas and help you to improve your alignment and technique. With regular practice and the guidance of a qualified teacher, the practice of asanas can be a powerful tool for improving physical and mental well-being.



In addition to the physical benefits of asana practice, asanas can also have mental benefits, as they help to improve focus and concentration and to reduce stress and fatigue. With regular practice, asanas can help you to lead a happier, healthier life.

It is important to listen to your body and modify the practice of asanas as needed to ensure that you are comfortable and safe. If you are new to the practice of asanas, it is a good idea to start with a gentler style of yoga, such as Hatha yoga, and to work with a qualified teacher to ensure that you are practicing safely and correctly. When alignments are not maintained or proper warm up doesn't happen then it may lead to muscle catch and other injuries. So, one needs to be under the guidance of competent master.

As you become more familiar with the practice of asanas, you may choose to explore more challenging styles of yoga, such as Ashtanga or Bikram yoga. No matter what style of yoga you choose, it is important to listen to your body and to respect your limits. With regular practice and the guidance of a qualified teacher, the practice of asanas can be a powerful tool for improving physical and mental well-being.

4.2 Pranayama

Pranayama is a term used in yoga to refer to breathing techniques. Pranayama means extension of life force or vitality. Pranayama is an important part of yoga and is designed to calm the mind and improve focus and concentration along with increasing the vital force.

There are many different types of pranayama techniques, ranging from simple deep breathing exercises to more advanced techniques such as alternate nostril breathing with retention. Some common pranayama techniques include:

6. **Deep breathing:** Deep breathing, also known as diaphragmatic breathing or belly breathing, involves taking slow, deep breaths through the nose and exhaling through the mouth. To practice deep breathing, start by finding a comfortable seated position with your back straight and your feet planted firmly on the ground. Place one hand on your stomach and the other hand on your chest. As you inhale, focus on filling your belly with air, and as you exhale, focus on releasing the air slowly through your mouth. Deep breathing can help to calm the mind and improve focus and concentration.
7. **Alternate nostril breathing:** Alternate nostril breathing, also known as anuloma viloma, involves alternating the breath between the right and left nostrils. To practice alternate nostril breathing, start by finding a comfortable seated position with your back straight and your feet planted firmly on the ground. Place your right hand in front of your face, with your index and middle fingers resting between your eyebrows and your thumb and ring finger resting on either side of your nose. Close your right nostril with your thumb and exhale through your left nostril. Inhale through your left nostril, then close your left nostril with your ring finger and exhale through your right nostril. Inhale through your right nostril, then close your right nostril with your thumb and exhale through your left nostril. Continue to alternate your breath in this way for several rounds. Alternate nostril breathing can help to balance the nervous system and improve focus and concentration.
8. **Ujjayi breath:** Ujjayi breath, also known as ocean breath or victorious breath, involves constricting the throat slightly to create a hissing sound as you exhale. To practice Ujjayi breath, start by finding a comfortable seated position with your back straight and your feet planted firmly on the ground. Place your hands on your knees and close your eyes. Inhale through your nose, then exhale through your nose while constricting the back of your throat slightly to create a hissing sound. Ujjayi breath can help to calm the mind and improve focus and concentration.
9. **Kapalabhati breath:** Kapalabhati breath, also known as skull shining breath, involves rapid exhalations through the nose. To practice Kapalabhati breath, start by finding a comfortable seated position with your back straight and your feet planted firmly on the ground. Place your hands on your knees and close your eyes. Exhale rapidly through

your nose, allowing the breath to be expelled naturally on the inhale. Repeat this process for several rounds. Kapalabhati breath can help to improve respiratory function and stimulate the digestive system.

It is important to find a qualified yoga teacher who can guide you through the practice of pranayama and help you to improve your technique. With regular practice and the guidance of a qualified teacher, pranayama can be a powerful tool for improving physical and mental well-being. In addition to its physical benefits, pranayama can also have mental benefits, as it helps to calm the mind and improve focus and concentration.

Online Resources:

[Bhramari Pranayama](#) is a yogic breathing technique that involves deep inhalation followed by a prolonged exhalation with a humming sound. It is also known as the "Bee Breath" due to the humming sound resembling the buzz of a bee. This practice is believed to calm the mind, reduce stress and anxiety, improve concentration, and promote overall well-being. It is often used as a form of meditation or relaxation, and is considered to be a simple and effective technique that can be practiced by people of all ages and levels of experience.

4.3 Meditation



Meditation is a practice that involves focusing the mind on a particular object, thought, or activity to increase awareness of the present moment and achieve a sense of calm and clarity. There are many different types of meditation, each with its own unique techniques and benefits.

The practice of meditation has been around for thousands of years and is believed to have originated in ancient Nepal and India. It is a key component of many spiritual and religious traditions, but it can also be practiced by anyone, regardless of their spiritual beliefs or background. Practice of meditation has nothing to do with any systems of beliefs or any religious practices. It is pure spiritual practice to awaken your spirit and become one with Universal force.

Guided meditation practice. There are many ways to practice meditation, here we are guiding you in one of the ancient techniques. "Sit comfortably in cross leg position. If you can't sit on the floor. You can sit on straight chair little forward with spine erect. Spine should be aligned with neck and head. Where chin comes parallel to the ground. Let go of your any other thoughts and any sensation arising in the body. Completely become attentive towards your breath. Just observe naturally how it is coming in and going out. Then replace your random thoughts with mantra 'so-ham' while you are inhaling mentally feel sooooo sound is coming in and while you are exhaling hammmmm sound is going out. Get into the practice of meditation with applying this technique and continue the technique till your mind rests. When your mind is at rest be

at that silence state as long as possible, if your mind starts wandering around again bring it back to the flow of your breath and continue the so-ham mantra mentally in the flow of your breath. While coming out of meditation kindly keep the mantra and breath awareness in the background of the mind. So, it helps you to be calm in all situation.”

Meditation has been shown to have a wide range of benefits for both physical and mental health. Some of the potential benefits of meditation include:

1. **Reducing stress and anxiety:** Meditation can help to calm the mind and reduce feelings of stress and anxiety. By focusing the mind on a single point of reference, meditation helps to quiet the constant stream of thoughts that can contribute to feelings of stress and anxiety.
2. **Improving focus and concentration:** Meditation can help to improve focus and concentration by training the mind to be more present and aware. By regularly practicing meditation, you can improve your ability to stay focused on a task and to filter out distractions.
3. **Reducing pain:** Meditation has been shown to reduce pain perception and improve pain management. Research has shown that meditation can increase pain tolerance and reduce the intensity of chronic pain.
4. **Improving sleep:** Meditation can help to improve sleep by calming the mind and reducing feelings of stress and anxiety. By setting aside time for meditation before bed, you can create a sense of relaxation and calm that can help you fall asleep more easily.
5. **Improving cardiovascular health:** Meditation has been shown to have a positive impact on cardiovascular health. Research has shown that meditation can lower blood pressure, reduce the risk of heart attack and stroke, and improve overall cardiovascular health.

Another way to get started with meditation, you can try finding a quiet, comfortable place to sit down. Close your eyes and focus on your breath, or on a mantra or object. If your mind wanders, gently redirect your focus back to your breath or your chosen focus. Start with just a few minutes of meditation at a time and gradually increase the length of your meditation sessions as you become more comfortable with the practice. It is also a good idea to find a qualified meditation teacher or instructor to guide you through the practice and help you to improve your technique.

Click here for Bodhidham's [Guided Meditation online](#)

4.4 Mantras

A mantra is a sound, word, or phrase that is repeated or chanted as a form of meditation. Mantras are used in many spiritual and religious traditions, including Hinduism, Buddhism, and Sikhism, and are believed to have the power to transform the mind and bring about positive change.

Mantras can be chanted out loud or silently, and they can be repeated a set number of times or continuously. Some common mantras include:

1. **Om:** Om is a sacred syllable in Vedic culture and is considered to be the sound of the universe. Om is often chanted at the beginning and end of yoga classes and is believed to have the power to bring about a state of inner peace and calm. According to Hindu tradition, Om is made up of three sounds: "a" representing creation, "u" representing preservation, and "m" representing destruction. Together, these three sounds represent the cycle of birth, life, and death and the unity of all things.
2. **Om Mani Padme Hum:** This mantra is a Tibetan Buddhist mantra and is believed to have the power to purify the mind and bring about enlightenment. The mantra is typically chanted out loud or silently, and it is often written on prayer flags or carved into stones. The mantra is said to contain the essence of the teachings of the Buddha and is believed to have the power to transform suffering into enlightenment.
3. **Sat Nam:** Sat Nam is a Sikh mantra that translates to "truth is my identity." It is often used as a way to connect with one's inner truth and to bring about a sense of peace and clarity. Sat Nam is typically chanted at the beginning and end of a kundalini yoga class and is believed to help align the practitioner with their true self.
4. **Hare Krishna:** Hare Krishna is a Hindu mantra that is often chanted as a way to connect with the divine and to bring about a sense of inner peace and happiness. The mantra is believed to contain the energy of Lord Krishna, who is considered to be a manifestation of the divine. The mantra is typically chanted out loud or silently, and it is often accompanied by the playing of the mridanga, a type of hand drum.
5. **Namah Shivaya:** One of the widely known Vedic Mantra is namha shivaya. Mantra is dedicated to Lord Shiva. Mantra is known as a calming, relaxing and uplifting the spirit. This mantra also helps to heal the body and mind if practiced dedicatedly. It is believed that this holy mantra purifies the soul and brings closer towards the divinity. It is advised to practice the mantra regularly everyday to get the proper benefits. One can use rosary beads to chant the mantra. Actually, mantra should be practiced silently, but initially one can chant verbally but not loud.

Mantras can be used as a form of meditation or as a way to bring focus and clarity to the mind. Many people find that regularly chanting a mantra can help to reduce stress and anxiety and bring about a sense of inner peace and calmness.

[Mantra Chanting Videos](#) :

Durga saptasati

Durga Saptashati, also known as Devi Mahatmya or Chandi Path, is a Hindu scripture that describes the story of the Goddess Durga and her battle against the demon Mahishasura. The scripture is a part of the Markandeya Purana, and consists of 700 verses arranged in 13 chapters.

The Durga Saptashati is a significant text in the Shakta tradition of Hinduism, which worships the divine mother in the form of various goddesses, including Durga. It is often recited during festivals dedicated to the goddess, such as Navratri, and is considered a powerful prayer for seeking blessings, protection, and liberation.

The scripture also emphasizes the importance of devotion, righteousness, and spiritual discipline as means of attaining divine grace and enlightenment. The Durga Saptashati is revered as a sacred text and is widely studied, chanted, and meditated upon by devotees of the divine mother.

[Maha Mritunjay](#)

Maha Mrityunjaya is a mantra from the ancient Vedic scriptures of Hinduism. It is also known as the Maha Mrityunjaya Mantra, the Great Death-conquering Mantra, or the Tryambakam Mantra.

The mantra is dedicated to Lord Shiva, one of the principal deities in Hinduism, and is believed to have the power to conquer death and grant longevity, good health, and spiritual well-being. The mantra is also said to have the power to remove negative influences, promote healing, and dispel fear and anxiety.

The Maha Mrityunjaya mantra is a powerful combination of sounds and syllables that is chanted or recited in a specific manner. It is often repeated 108 times during meditation or prayer, and is considered to be a very beneficial practice for spiritual and physical healing.

The mantra is as follows: *"Om Trayambakam Yajamahe Sugandhim Pushtivardhanam Urvarukamiva Bandhanan Mrityor Mukshiya Maamritat"*

4.5 Yoga Philosophy

Yoga is a physical, mental, and spiritual discipline that originated in ancient Nepal and India. The word "yoga" means "to yoke" or "to unite," and the practice of yoga is designed to bring about union between the individual self and the divine. Yoga philosophy is the study of the principles and practices that underlie the discipline of yoga. Yoga is the approach of integration in all level of body mind and spirit.

The yoga tradition is rooted in the teachings of the ancient Indian scriptures known as vedas, puranas, Bhagvat Gita along with the Yoga Sutras of Patanjali. Yoga sutras outline the eight limbs of yoga, which are known as the "ashtanga" (meaning "eight limbs") of yoga. The eight limbs of yoga are:

1. **Yama:** Yama refers to the ethical and moral guidelines for living a yogic lifestyle. There are five yamas, which includes non-violence, truthfulness, non-stealing, self-restraint, and non-covetousness. It is also called social conduct.
2. **Niyama:** Niyama refers to the personal practices that help to purify the mind and cultivate self-discipline. There are five niyamas, which include purity, contentment, austerity, self-study, and surrender to the divine. It is also called self-conduct.
3. **Asana:** Asana refers to the practice of physical postures, which are designed to improve physical strength and flexibility and to prepare the body for meditation.
4. **Pranayama:** Pranayama refers to the practice of breath control, which is designed to improve respiratory function and calm the mind.
5. **Pratyahara:** Pratyahara refers to the practice of withdrawal of the senses, which is designed to help the practitioner develop inner awareness and focus.
6. **Dharana:** Dharana refers to the practice of concentration, which involves focusing the mind on a single object or thought.
7. **Dhyana:** Dhyana refers to the practice of meditation, which involves focusing the mind on the present moment and achieving a state of inner peace and clarity.
8. **Samadhi:** Samadhi refers to the state of enlightenment, which is the ultimate goal of the practice of yoga. Samadhi is a state of union with the divine and a state of complete inner peace and leading the joyful divine life.

Yoga philosophy is based on the belief that the individual self is a part of the universal self, and that the ultimate goal of the practice of yoga is to bring about union between the individual self and the divine. Through the practice of yoga, the practitioner is able to cultivate physical, mental, and spiritual well-being and to achieve a state of inner peace and enlightenment.

6. Bodhidham Yoga School and Spiritual Retreat Ashram

1. Introduction

Bodhidham Yoga School and Spiritual Retreat Ashram, located in the serene hills of Nepal, is a haven for anyone looking to embark on a journey of self-discovery, wellness, and inner peace. The ashram offers a range of services including yoga teacher training courses, custom-tailored retreats, short yogic holidays, and spiritual tours, along with a unique Yoga Trek experience and an opportunity to meet the oracle mother after a day hike on the mountains in North of Pokhara.

The Yoga Teacher Training course at Bodhidham is a comprehensive program that covers all aspects of yoga including philosophy, anatomy, asana, pranayama, meditation, and teaching methodology. Led by experienced teachers such as Swami Ananda, Deepika Bhairavi, and Baghirath Sanjeev, the courses are designed to provide students with a deep understanding of yoga, as well as the skills and confidence to teach and share this ancient practice with others.

The Retreats and short yogic holidays at Bodhidham are customized to meet the specific needs of individuals, couples, or groups. The retreats offer a chance to relax, rejuvenate, and reset your mind and body, while the short yogic holidays provide a perfect opportunity to learn and practice yoga in a beautiful and peaceful environment.

One of the unique features of Bodhidham is the Yoga Trek, which combines the experience of trekking in the beautiful Himalayan mountains with daily yoga and meditation sessions. The trek is designed and led by a trekking guide turned yoga teacher, who knows the mountains like the back of his hand and has created a yoga course that perfectly complements the trekking experience. Participants have the chance to practice yoga in some of the most breathtaking locations in the world, while also experiencing the local culture and traditions of the Himalayan people.

Another unique feature of Bodhidham is the opportunity to meet the oracle mother after a day hike on the mountains in North of Pokhara. The oracle mother is a revered figure in the local community, known for her spiritual and healing powers. Visitors have the chance to meet with her and receive her blessings, as well as learn about the local culture and traditions.

Suffice to say, Bodhidham [Yoga School](#) and Spiritual Retreat Ashram is a unique and special place, offering a range of services and experiences that are designed to help individuals on their journey of self-discovery, wellness, and inner peace. The yoga teacher training courses, custom-tailored retreats, short yogic holidays, Yoga Trek experience, and opportunity to meet the oracle mother are just a few of the many

reasons why Bodhidham is the perfect destination for anyone looking to deepen their yoga practice, connect with nature, and experience the rich culture and traditions of Nepal.



2. YTT at Bodhidham : One of the best Yoga Teacher Training Course in Nepal led by experienced teachers.

Bodhidham Yoga School and Spiritual Retreat Ashram in Nepal offers one of the best Yoga Teacher Training courses in the country. The 100 hour, 200 hour and 500 hour Yoga Teacher Training programs are led by experienced teachers, Swami Ananda, Deepika Bhairavi and Baghirath Sanjeev. The ashram is located in a peaceful and tranquil setting, surrounded by nature, providing the perfect environment for learning and practicing yoga.

The YTT program at Bodhidham is designed to provide students with a comprehensive understanding of yoga, including philosophy, anatomy, teaching methodology, and more. The course is suitable for anyone, regardless of their level of experience, who is interested in deepening their knowledge and practice of yoga. Students can expect to gain a deep understanding of the principles of yoga and how to apply them to their own lives, as well as how to effectively teach yoga to others.

One of the unique aspects of the YTT program at Bodhidham is the experienced and knowledgeable teachers who lead the courses. Swami Ananda, Deepika Bhairavi and Baghirath Sanjeev have years of experience in practicing and teaching yoga, and are dedicated to helping their students achieve their full potential. They provide individual attention and guidance to each student, ensuring that they receive the support they need to succeed in the program.



In addition to the YTT program, Bodhidham also offers custom-tailored retreats, short yogic holidays, and spiritual tours. These programs provide students with the opportunity to deepen their practice of yoga and explore their spirituality in a supportive and nurturing environment. The retreats are led by experienced teachers who provide guidance and support to students throughout the program.

One of the key services that Bodhidham is specialized for is the Yoga Trek. The trekking guide turned yoga teacher designs the course, providing a unique experience for those who want to combine their love of yoga with their passion for adventure. Students can explore the stunning natural beauty of Nepal, while also deepening their practice of yoga and meditation in a supportive and nurturing environment.

Another unique feature of Bodhidham is the "Meet the Oracle Mother" after a day hike on the mountains in North of Pokhara. This experience provides students with the opportunity to connect with the local culture and spirituality of Nepal, and gain a deeper understanding of themselves and their place in the world.

Overall, the [YTT program](#) at Bodhidham Yoga School and Spiritual Retreat Ashram in Nepal is a unique and transformative experience for anyone who is interested in deepening their practice of yoga and exploring their spirituality. The experienced teachers, supportive environment, and beautiful natural setting provide the perfect foundation for students to learn, grow, and transform.



3. Nature and Luxury Retreats at Bodhidham Ashram in Nepal

Bodhidham Ashram in Nepal is a unique place that offers both nature and luxury retreats to those seeking a break from their daily routine. The ashram is situated in the beautiful city of Pokhara, which is considered to be one of the most scenic and peaceful places in the world. Surrounded by the majestic Himalayas, pristine lakes and lush green forests, Pokhara offers the perfect environment for those who want to connect with nature and rejuvenate their body and mind.



The Nature [Retreats in Nepal](#) at Bodhidham Ashram provide a great opportunity for individuals to escape the hustle and bustle of the city and immerse themselves in the serene natural environment. The ashram is located amidst the beautiful hills and offers a peaceful atmosphere for relaxation and contemplation. The Nature Retreats include guided meditation and yoga sessions, nature walks, bird watching, and hikes to nearby waterfalls and viewpoints. The ashram provides comfortable and well-equipped rooms with all the necessary amenities to ensure a comfortable stay.

For those who want to experience the best of both worlds, the Luxury Retreats at Bodhidham Ashram offer a perfect blend of nature and luxury. The Luxury Retreats provide a five-star experience to individuals with a taste for luxury. The ashram has luxurious rooms, spas, and other facilities that cater to the comfort and relaxation of guests. The Luxury Retreats include a variety of activities such as yoga and meditation sessions, massages, spa treatments, and gourmet meals prepared by experienced chefs.

One of the biggest advantages of doing retreats at Bodhidham Ashram is the location. Pokhara is considered to be one of the best places in the world to do nature and luxury

retreats due to its natural beauty, clean air, and peaceful environment. The city is surrounded by mountains, forests, and lakes, providing a perfect setting for those who want to connect with nature and experience the natural healing power of the environment.



In conclusion, Bodhidham [Ashram in Nepal](#) offers a unique and unforgettable experience for those seeking nature and luxury retreats. The ashram's location in Pokhara makes it one of the best places in the world to do retreats. With experienced teachers, comfortable accommodations, and a variety of activities, Bodhidham Ashram is the perfect place to unwind, recharge, and connect with nature.



4. Yoga Treks by Bodhidham

1. Ghorepani Poonhill Trek

Bodhidham Yoga School and Retreat Ashram in Nepal offers a unique and enriching experience to those seeking a blend of yoga, trekking, and spiritual growth. One of their most popular offerings is the Yoga Trek, which takes participants on a journey through the majestic Himalayan mountains while incorporating daily yoga practice and meditation.

One of the most popular [Yoga Treks](#) offered by Bodhidham is the Ghorepani Poonhill Trek. This trek takes participants through the lush forests, charming villages, and breathtaking landscapes of the Annapurna region. The trek starts from the picturesque town of Pokhara, where participants will have the opportunity to experience the serene beauty of the famous Fewa Lake before embarking on their journey.

The trekking route takes participants through dense forests filled with rhododendron trees, known for their vibrant red blooms in the spring season. As participants climb higher, they will witness the stunning panoramic views of the Annapurna and Dhaulagiri mountain ranges. The highlight of the trek is the ascent to Poonhill, which offers a stunning sunrise view of the Annapurna and Dhaulagiri peaks.

Throughout the trek, participants will have the opportunity to practice yoga and meditation in the serene surroundings of the mountains. Bodhidham's experienced yoga teachers will guide participants through daily yoga sessions, providing an opportunity to deepen their practice amidst the natural beauty of the Himalayas.

The trek also includes overnight stays in traditional tea houses, providing participants with an opportunity to experience the local culture and hospitality of the Nepalese people.





The trek is led by experienced trekking guides who are also trained in yoga and meditation, ensuring the safety and comfort of all participants.

Overall, the Ghorepani Poonhill Trek offered by Bodhidham Yoga School and Retreat Ashram is an unforgettable experience that blends the beauty of nature, the practice of yoga, and the adventure of trekking. It is a unique opportunity to explore the Himalayas and gain a deeper understanding of oneself and the world around us.

2. Mardi Trek

Bodhidham Yoga School and Spiritual Retreat Ashram in Nepal offers a unique and unforgettable experience with its Yoga Trek to Mardi Himal. The trek is led by experienced yoga teachers and trekking guides who have a deep understanding of both yoga and the Himalayan region.



The Mardi Himal trek takes you through some of the most breathtaking landscapes in Nepal, including dense forests, mountain villages, and high-altitude meadows. The highlight of the trek is reaching the Mardi Himal Base Camp, where you will be rewarded

with stunning views of the towering Himalayan peaks, including Machhapuchhre (Fishtail), Annapurna South, and Hiunchuli.

The yoga component of the trek adds another layer of depth and meaning to the experience. Each day, you will start with a yoga practice that prepares your body and mind for the trek ahead. The yoga classes are designed to help you connect with your inner self, cultivate mindfulness, and deepen your understanding of yoga philosophy.

During the trek, you will have the opportunity to practice yoga in some of the most serene and awe-inspiring locations in the world. Whether it's on a mountaintop or in a forest clearing, the combination of yoga and the natural environment will leave you feeling rejuvenated and inspired.

At night, you will stay in cozy mountain lodges and teahouses, where you can relax and reflect on the day's experiences. The lodges offer comfortable accommodation and hearty meals, and are the perfect place to connect with your fellow trekkers and yoga practitioners.



Overall, the Yoga Trek to Mardi Himal offered by Bodhidham Yoga School and Spiritual Retreat Ashram is a unique and transformative experience that combines the physical and spiritual benefits of yoga with the natural beauty and adventure of trekking in the Himalayas.

5. Day Hike to Oracle Mother

Meeting the Oracle Mother: A Unique [Spiritual Experience in Nepal](#)

In the North of Pokhara, lies a hidden gem waiting to be explored. It is a journey to meet the Oracle Mother, a revered spiritual figure in the region. This unique experience is offered by Bodhidham Yoga School and Spiritual Retreat Ashram, one of the most reputable yoga schools in Nepal.

The journey starts with a day hike through the picturesque hills and forests of the region. The stunning natural beauty of the area is breathtaking, with cascading waterfalls, lush green forests, and crystal clear streams. The trek to the Oracle Mother's home is a spiritual journey in itself, as you connect with the natural environment and immerse yourself in the serene surroundings.



Once you arrive at the Oracle Mother's home, you will be greeted with warmth and hospitality. The [Oracle Mother in Nepal](#) is a spiritual guru and healer, revered by the

local community for her wisdom and guidance. She has a deep understanding of human nature and can offer insight and guidance for those seeking spiritual growth and enlightenment.

The Oracle Mother will welcome you with open arms and invite you to sit with her as she offers her blessings and guidance. She will share her wisdom and insights, providing you with a unique and transformative experience that you will never forget.

The meeting with the Oracle Mother is a profound experience, offering an opportunity to gain a deeper understanding of yourself and the world around you. It is a chance to connect with a revered spiritual figure and gain insights that can help you on your own spiritual journey.



The experience of meeting the Oracle Mother is a rare and unique opportunity that few have the chance to experience. It is an experience that will stay with you for a lifetime, providing you with insights and wisdom that will help you on your spiritual path. And with Bodhidham Yoga School and Spiritual Retreat Ashram, you can embark on this unforgettable journey and experience the magic of Nepal's spiritual traditions.