



BODHIDHAM

Yoga School

& Retreat Ashram

Yoga and Meditation

Guide manual for all level of practitioners

Table of Contents

- 1. Introduction**
- 2. History of Yoga and Meditation**
- 3. Yoga and its Types**
 - 3.1 Hatha Yoga**
 - 3.2 Vinyasa yoga**
 - 3.3 Lyengar yoga**
 - 3.4 Ashtanga yoga**
 - 3.5 Bikram Yoga**
 - 3.6 Restorative Yoga**
- 4. Common Yoga Practices**
 - 4.1 Asana**
 - 4.2 Pranayama**
 - 4.3 Meditation**
 - 4.4 Mantras**
 - 4.5 Yoga Philosophy**
- 5. Bodhidham Yoga School and Spiritual Retreat Ashram**
 - 5.1 Introduction**
 - 5.2 Yoga Teacher Training Course in Nepal**
 - 5.3 Retreats at Ashram**
 - 5.4 Yoga Treks**
 - 5.4.1 Ghorepani Poonhill Trek**
 - 5.4.2 Mardi Trek**
 - 5.5 Day Hike to Oracle Mother**

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

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