

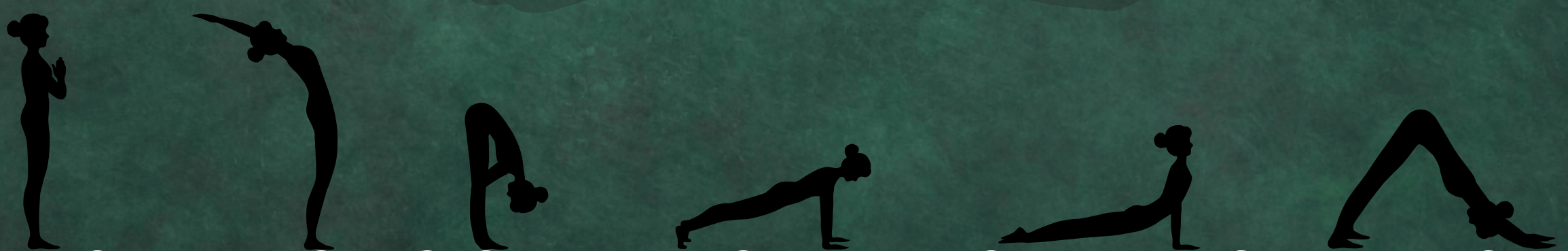
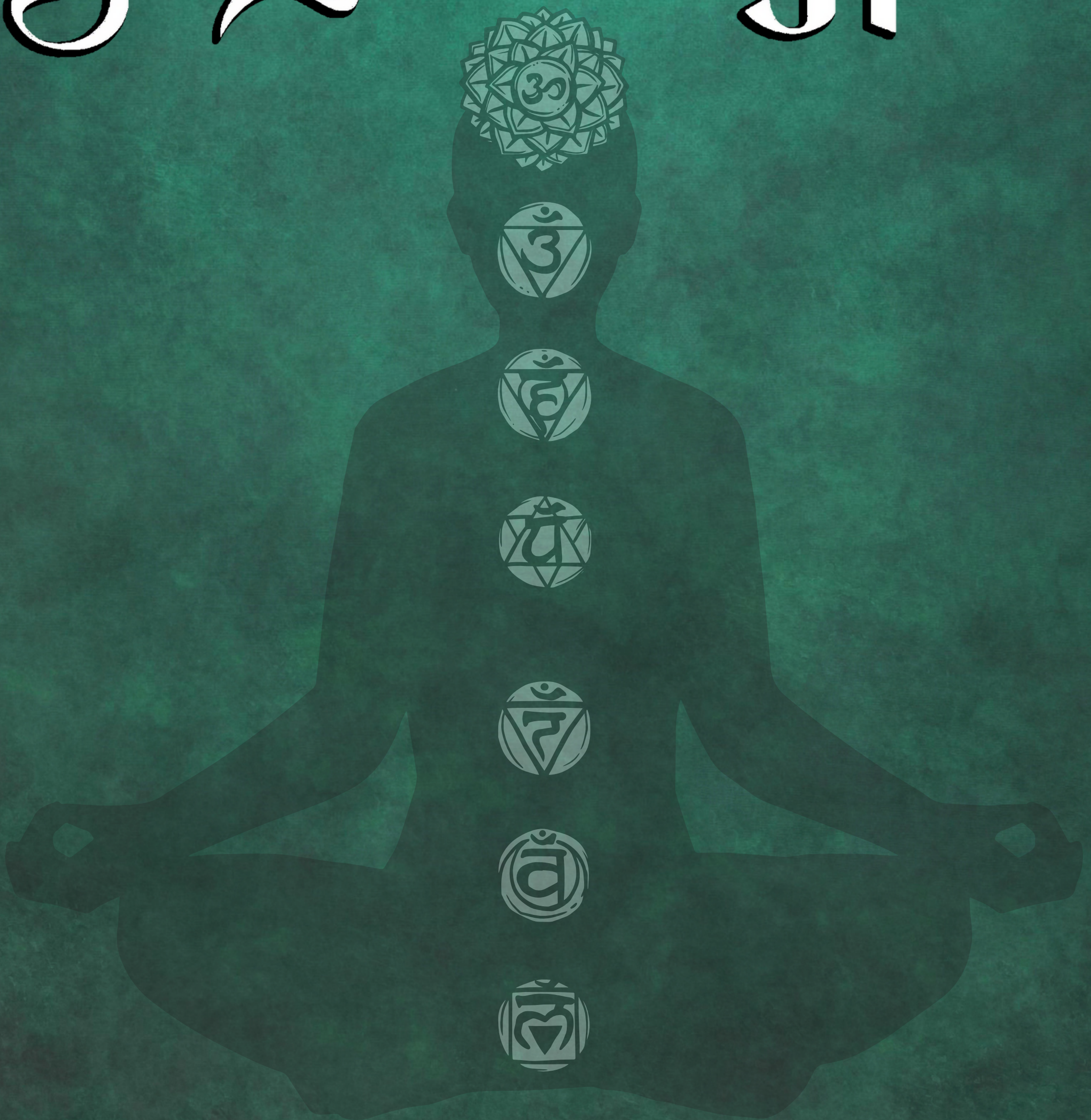
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ગો



Calm the mind, whilst stretching and strengthening the body.

WELCOME

Welcome to 'Yoga with JP's 40-Day Yoga Programme! Embark on a transformative journey of self-discovery, inner peace, and physical well-being as JP guides you through a comprehensive yoga practice designed specifically for those new to yoga. Over the next 40 days, we will explore various yoga poses, breathing techniques, and mindfulness practices to help you build strength, flexibility, and mental clarity. Whether you're looking to reduce stress, increase vitality, or simply find balance in your life, this programme is your gateway to a healthier, happier you.

So if you're taking your first steps onto the yoga mat or rekindling an old flame, you're in the perfect place. This journey will begin gently with short 10-minute sessions. As we progress through these 40 days, we'll steadily extend our practice, eventually flowing through 60-minute classes. This gradual approach ensures that we build strength, flexibility, and confidence at a pace that suits you. Over this transformative period, we will explore the rich tapestry of yoga, from the foundational postures to the subtle art of breathwork and mindfulness. Yoga isn't just about touching your toes; it's about touching your heart and discovering inner peace. Yoga is a deeply personal voyage, and every mat tells a unique story. Whether you're as bendy as a bungy or as steady as a scaffold (that I built), please remember that there's no judgment here—only encouragement and support. Together, we'll unlock your untapped potential, cultivate a healthier, more harmonious life, and forge a profound connection with your true self. So, get ready to step onto your mat, embrace this captivating journey, and evolve into a happier, healthier version of yourself. Let's embark on this remarkable 40-day yoga adventure!"



Enjoy

before we get started....

1. ***Yoga is only for the flexible***: Not true at all. Yoga welcomes all levels of flexibility, whether you're as rigid as a scaffold pole or as limber as a gymnast. It's about progress, not perfection.
2. ***Yoga is just stretching***: While stretching is a part of yoga, it's an oversimplification. Yoga combines physical postures, breathing exercises, and meditation, offering a holistic approach to well-being.
3. ***You need expensive gear for yoga***: Nope, all you require is a basic yoga mat and comfortable attire. No need for designer yoga pants or fancy gadgets.
4. ***Yoga is only for women***: Yoga is inclusive, and both men and women can benefit. Many men practice yoga to improve strength, flexibility, and mental focus.
5. ***Yoga is not a workout***: Yoga can be as intense as you want it to be. Styles like power yoga and vinyasa flow can provide a rigorous workout, strengthening muscles and improving cardiovascular health.
6. ***You have to be young to do yoga***: Yoga is suitable for all ages. There are modifications and gentle styles suitable for seniors, making it accessible to everyone.
7. ***Yoga is a religion***: Yoga is a philosophy and practice, not a religion. It can complement your spiritual beliefs or be practiced independently.
8. ***You must be calm and peaceful all the time***: Yoga teaches techniques to manage stress and find inner peace, but it doesn't guarantee a perpetual state of serenity. Life happens, and yoga helps you navigate it.
9. ***Yoga is all about physical postures***: While physical postures (asanas) are a component, yoga encompasses much more, including meditation, breathing exercises, and ethical principles.
10. ***You need a lot of time for yoga***: You can enjoy the benefits of yoga in short sessions. Even 10-20 minutes a day can make a difference in your physical and mental well-being.

Remember, yoga is adaptable and welcoming to everyone, regardless of age, gender, or fitness level. It's about embracing a healthier, balanced lifestyle.

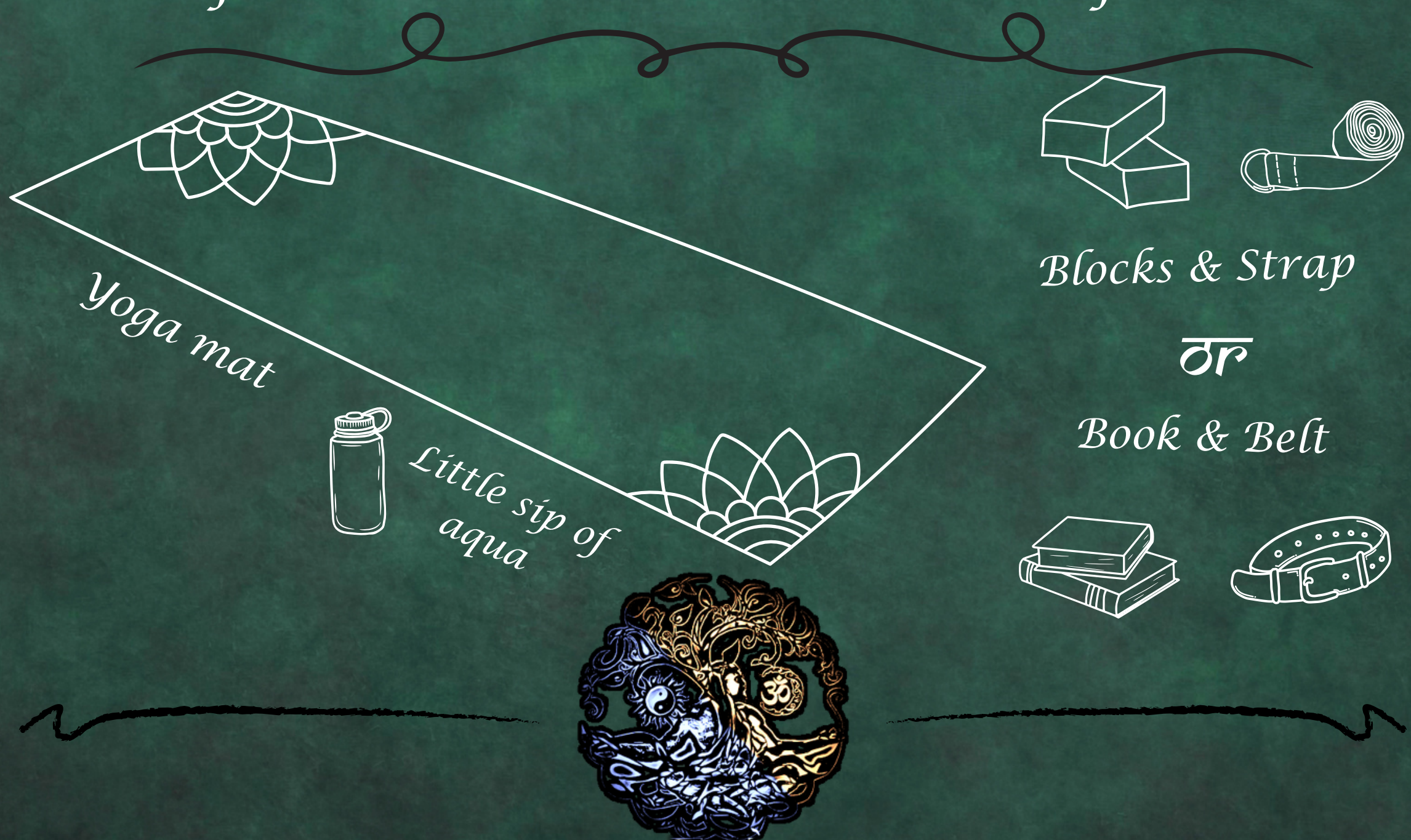


props

Props in yoga offer several benefits, including:

1. ***Enhanced Alignment:** Props help you attain proper alignment in poses, reducing the risk of injury and ensuring you receive the full benefits of each pose.*
2. ***Increased Accessibility:** Props make yoga accessible to people of all ages and abilities, including beginners, seniors, and those with physical limitations.*
3. ***Improved Stability:** They provide stability and support, allowing you to hold poses longer and explore more deeply.*
4. ***Relaxation:** Props can aid relaxation by making poses more comfortable, allowing you to release tension and stress.*
5. ***Deeper Stretching:** Props can assist in deepening stretches, making it easier to reach your flexibility goals.*
6. ***Balancing Tool:** They can be used to improve balance and coordination in challenging poses.*
7. ***Therapeutic Benefits:** Props can be used in therapeutic ways to aid in rehabilitation or relieve specific physical issues.*
8. ***Mindfulness:** Props can also be used as tools for mindfulness, helping you stay present and focused in your practice.*

Incorporating props into your yoga practice can enhance your experience and make it more accessible and beneficial.





*Yuj - 'yoke' - connect, join, bring together
A technique for controlling the body and mind*

Yoga is a holistic practice that combines physical postures, breathing exercises, meditation, and ethical principles to promote physical, mental, and spiritual well-being. It originated in ancient India and aims to achieve harmony and balance in the body and mind. Yoga is known for its numerous health benefits, including improved flexibility, strength, stress reduction, and relaxation. It comes in various styles, such as Hatha, Vinyasa, and Ashtanga, each emphasizing different aspects of the practice.

Sanskrit

Sanskrit, an ancient Indo-Aryan language, plays a pivotal role in the world of yoga. Many of the foundational texts of yoga, such as the Yoga Sutras of Patanjali, are written in Sanskrit. This connection between Sanskrit and yoga underscores the language's importance as a medium for expressing profound spiritual and philosophical concepts, making it an integral part of the practice and study of yoga and its principles of physical, mental, and spiritual well-being.

Vinyasa

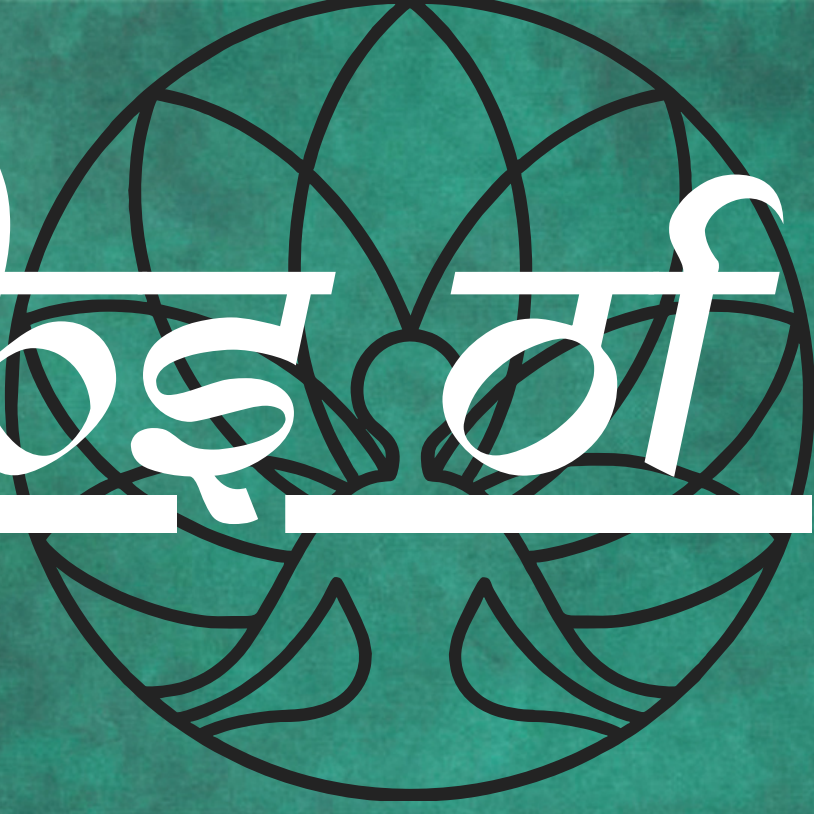
Vinyasa is a type of yoga that links movement and breath to attain balance in the mind and body. From the Sanskrit "to place in a special way," vinyasa aligns a deliberate sequence of poses with the breath to achieve a continuous flow. Inhalation is usually connected to upward, open movements, while exhalation is often tied to downward movements or twists.

Ujjayi

Ujjayi is a pranayama, or yogic breathing technique, commonly used in yoga practices. It involves full, controlled breathing through the nose, with a slight constriction at the back of the throat. This constriction creates a soft, ocean-like sound, often described as "ocean breath" or "victorious breath." Ujjayi breathing is believed to help calm the mind, increase focus, and warm the body during yoga practice. It's a fundamental technique in various yoga styles and meditation practices.



8 limbs of yoga



"8 limbs of yoga" are a fundamental aspect of classical yoga philosophy as outlined by Patanjali in the Yoga Sutras. They provide a comprehensive framework for personal and spiritual development.

***Yama (Ethical Principles):** The first limb focuses on ethical guidelines and how we interact with the external world. It includes principles like non-violence (ahimsa), truthfulness (satya), non-stealing (asteya), continence (brahmacharya), and non-greed (aparigraha).*

***Niyama (Personal Observances):** Niyama deals with self-discipline and inner observances. It includes principles like cleanliness (saucha), contentment (santosha), austerity (tapas), self-study (svadhyaya), and surrender to a higher power (ishvara pranidhana)*

***Asana (Physical Postures):** Asana refers to the practice of physical postures and poses. It is what most people commonly associate with yoga in the West. The goal is to prepare the body for meditation by improving strength, flexibility, and balance.*

***Pranayama (Breath Control):** Pranayama involves breath control and regulation. It helps in harnessing and directing the life force energy (prana) within the body through various breathing techniques.*

***Pratyahara (Withdrawal of the Senses):** Pratyahara is about withdrawing the senses from external distractions and turning inward. It's a preparatory step for deeper meditation.*

***Dharana (Concentration):** Dharana is the practice of focused concentration. It involves directing one's attention to a single point, object, or thought, which helps quiet the mind.*

***Dhyana (Meditation):** Dhyana is the state of meditation itself, where one experiences a deep and continuous flow of awareness. It is a profound state of inner stillness and concentration.*

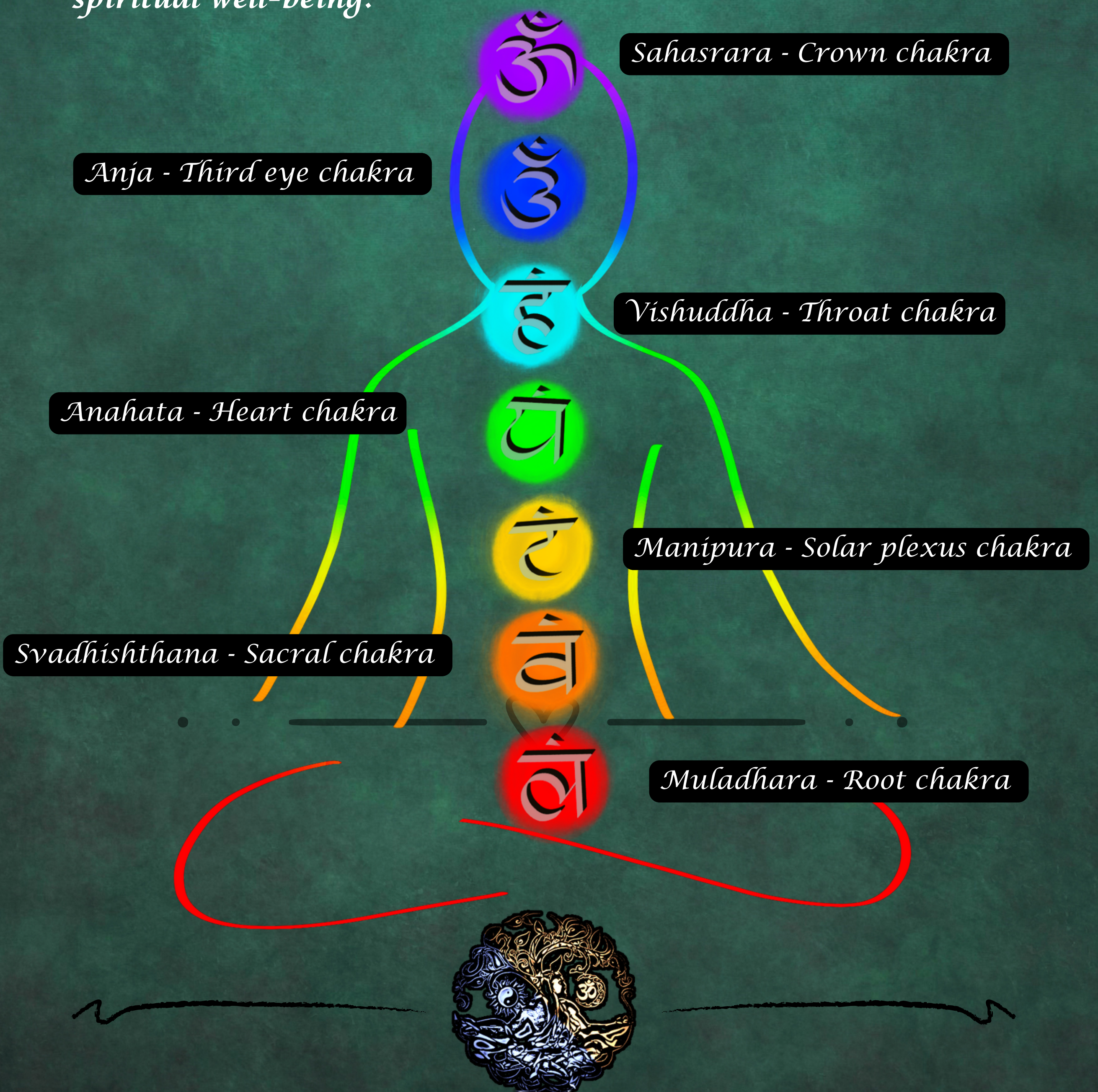
***Samadhi (Enlightenment):** Samadhi is the ultimate goal of yoga, where the practitioner experiences a state of oneness with the universe. It is a state of pure bliss, self-realization, and spiritual enlightenment.*

These 8 limbs of yoga provide a systematic and holistic approach to spiritual and physical well-being, guiding practitioners toward self-realization and inner peace.



Chakras

Chakras are a concept rooted in ancient Indian traditions and are thought to be spinning energy centers located along the spine. There are typically seven main chakras, each associated with specific qualities and functions, ranging from the root chakra at the base of the spine, associated with stability and security, to the crown chakra at the top of the head, connected to spiritual enlightenment. Balancing and aligning these chakras is believed to promote physical, emotional, and spiritual well-being.



daily gratitude

at the end of each day...

Write down one thing that made you smile today.

Write down one thing you are grateful for

Write down one thing you would like to achieve tomorrow

positive affirmations

If you happen to feel a little unbalanced throughout the day this is a nice little feel good mantra...

Read through the chakras aloud or in your mind and add a positive affirmation to complete the line



I know...



I see...



I speak...



I love...



I do...



I feel...



I am...



Once a week...



Do one thing that scares you or brings you out of your comfort zone.



सूर्य नमस्कार

sun salutations

Sun Salutations, also known as Surya Namaskar in Sanskrit, are a series of yoga poses performed in a sequence to greet the sun and energize the body. They are often used as a warm-up or as a standalone practice for physical and mental well-being.

Sun salutations can be adapted to your preferences and fitness level. Here are some options for variations:

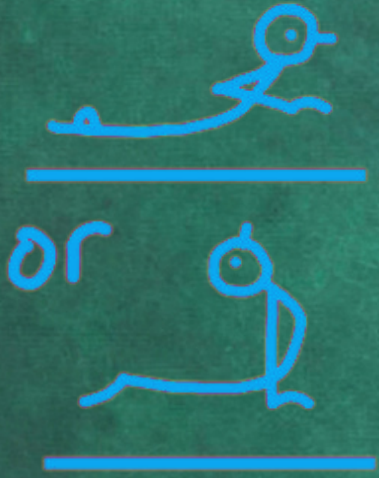
- 1. ****Timed Durations****: You can perform Sun Salutations for a set amount of time, such as 10 minutes each morning.*
- 2. ****A Certain Number****: Set a goal to do a specific number of Sun Salutations each day, like 5, 10, or 20 repetitions.*
- 3. ****Challenge Yourself****: Increase the complexity of the salutation by holding certain poses for longer.*
- 4. ****Mindful Practice****: Focus on the mindfulness aspect and hold each pose for a few breaths, paying attention to your breath and body.*
- 5. ****Incorporate Music****: Play music that resonates with you and time your salutations to the rhythm.*

Remember, the key is to find a routine that works for you, suits your goals, and keeps you motivated. Adapt and change it as needed to make it an enjoyable and sustainable part of your daily routine.



Surya namaskar

NOTE.



INHALE
EXHALE



Week 1

3 minute - Meditation

10 minute - Yoga practice

Week 1, the first part of your practice will involve a short yoga session, focusing on connecting movement with your breath. This yoga practice encourages you to be fully present and check in with yourself, helping you find moments of stillness in your day. Be sure to focus on slowing down your movements, aligning them with the full length of your breath.

Additionally, in a separate part of Week 1, there will be a meditation that focuses on controlling the breath through a counting method. This meditation not only helps regulate your breath but also keeps your mind occupied.

EVERY
JOURNEY
NEEDS A
FIRST
STEP



between the pages

THE STRUGGLE BY A MAN BOUND TO A
WHEELCHAIR IN A PRISON CELL

*I know the way of Ahimsa the soft and gentle way
This can make me calmer if I practice this each day
I contemplate and meditate to ease and help my plight
The breathing helps alleviate the problems that I fight*

*Twisting sideways left and right I stretch away the pain
Breathing till my head feels light to ease my aching frame
I did have some indifference an insight I did lack
But now I see a difference now that I look back*

*I'd like to keep on breathing without this I'm no more
My heart to keep on beating or I lay down on the floor
I want to let go of my past to be as once before
To liberate my body to walk again once more*

*The legacy of Yoga that I use to show the way
Is the legacy of life that I cling to everyday
I feel my inner struggle is eased away a while
I commune with serenity and my face it holds a smile*

*I'd like to keep on going as I practice once a week
With tutors who are showing of that, to which I seek
Enlightenment and inner peace a calmness of my mind
To help me gain a sense of peace - Sa, Ta, Na, Ma redefined*

*With muscles loose, reforming the tension almost gone
The bad mood now receding the tightness there is none
I feel bereft of anger no longer sharp and tense
Turned once again to Yoga for that's my best defence*

*I start not at Mandala I use my fertile mind
I do not hum a mantra to help me to unwind*

*I close my eyes so slightly with my struggles leaving me
My soul now shining brightly knowing Yoga set me free*

*We all live on an Island a rock adrift in space
We journey all together each tread a separate pace
We try to find balance to look at life with clarity
With energy we all enhance to reach a state of Samadhi*



Week 2



3-6 minute - Meditation

20 minutes - Yoga practice

Week 2, the focus will shift towards opening up the wrist and upper body joints, improving shoulder mobility, and incorporating hip-opening stretches. This week will also provide an introduction to some common yoga poses. Additionally, the meditation and breathing exercises for Week 2 will center around elongated exhales, promoting relaxation and mindfulness. This two-week journey aims to cultivate both physical and mental well-being.

GREAT
THINGS
NEVER COME
from
COMFORT
zone



between the pages

“Yoga is not about being flexible. Yoga is about showing up on your mat daily with no expectations of how it should go. It’s about not believing the labels like “too injured” or “too old” and finding a new way to be the best version of yourself. Yoga is a lifestyle, not an exercise program – although, yoga has no judgement if you only want to use the poses to exercise. Yoga is about discovering that those crazy thoughts in your head about why you ‘can’t’ or ‘shouldn’t’ are not true. It’s about slowing down and seeking something greater than yourself. Yoga is more than what you wear or if you can handstand.

Yoga is the ultimate practice of love.”

– Kerri Verna



Week 3

3-6-10 minute - Meditation

30 minute - Yoga practice

Week 3, the practice will include standing and balancing poses, which will help build strength and flexibility in your lower body. These poses challenge your balance and develop stability. In addition, the meditation practice for Week 3 will be a "PATH" meditation, focusing on Pressure, Air, Tension, and Heat. This type of meditation will enhance your awareness of physical sensations and deepen your mindfulness journey.

- DON'T -
STAND
IN
your
OWN
WAY



between the pages

*If there's one thing that I may tell you
Let it be: You are your home,
Your body is the only house
That you will ever truly own
Maybe it's got some broken windows
And there are tear-stains on the floors,
Maybe you lock the things you wish you weren't
Behind its many doors,
But there is wisdom on its bookshelves
And a laugh to light the rooms
There's a vase upon the table
Where the love you've grown all blooms,
Dreams sit on the mantelpiece
Next to kindness and your trust
Where you use them all so often
They have no time to collect dust,
So please don't look at mansions
With that envy in your eyes,
There's more that makes a home
Than its appearance or its size,
Your body is your shelter
So you deserve to love it all,
Don't let the world stand round outside
And tell you how to paint your walls,
How lucky that you have somewhere
To protect you from the night
And if there's cracks left from the past?
Well then they just let in more light.*





Week 4

3-6-10 minute - Meditation

45 minute - Yoga practice

Week 4, everything comes together for a 45-minute class. This week will challenge you with variations on poses, allowing you to adapt your practice based on how you feel that day. It's a more advanced and comprehensive practice, reflecting your progress and growth in your yoga and mindfulness journey. Enjoy the challenge!

SMALL
Changes
CAN MAKE
huge
DIFFERENCE



between the pages

Practice that is done for a long time, without break and with sincere devotion becomes a firmly rooted, stable, and solid foundation. This is an important aspect of yoga practice—discipline. Showing up to practice on a regular basis without break. The real benefits of the practice are revealed when we dedicate ourselves to the practice long-term.

Yoga Sutras of Patanjali : 1.14,



Week 5

3-6-10 minute - Meditation

60 minute - Yoga practice

Week 5 represents the culmination of your yoga journey. This 60-minute practice allows you to weave together the elements from the previous weeks into a harmonious and extended session. It's a meaningful opportunity to fully embrace your progress, savor the depth of your practice, and conclude your journey on a positive note. By this point, you should have the confidence and knowledge to dispel any illusion that yoga is not a practice for everybody. Enjoy this final week of your yoga and mindfulness experience!

It
always
SEEMS —
IMPOSSIBLE
until IT'S
DONE!



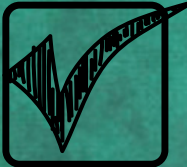
between the pages

*In my head is a journey
That only I can take
Therefore I must tread carefully
with all the thoughts I make
Inside are paths and mazes
Streams to stormy seas
My surroundings and experience
are solely up to me
There are patterns, wonders,
colors
Music, silence, voices
My mind is mine to decide
Only I can choose my choices
I think to myself, with love and
care
I must be gentle, I will be fair
This hub of potential is a part of
me
Only I determine the place that it
will be*

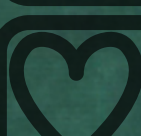
live karma yoga
Newsletter



tracker

Meditation 

Yoga 

DO IT
FOR YOURSELF



notes



notes



thank you

Thank You and Congratulations!

I want to extend my heartfelt gratitude and congratulations to you for successfully completing the 40 Days of Yoga. Your dedication, commitment, and enthusiasm throughout this journey have been truly inspiring.

Your willingness to embark on this transformative path of self-discovery and well-being is a testament to your inner strength and determination.

You've shown that with consistent effort and an open heart, remarkable changes can unfold. I hope that this program has brought you not only physical improvements but also a sense of mindfulness, peace, and balance in your life.

Yoga is not just a practice; it's a way of life, and you've taken significant steps towards embracing it.

As you move forward, I encourage you to continue your yoga journey, exploring deeper aspects of this ancient practice. Whether it's on the mat or in daily life, may you carry the lessons learned here with you.

Remember, yoga is a lifelong journey, and you are now equipped with valuable tools to navigate it.

I are here to support you in your ongoing yoga practice and well-being endeavors. Once again, congratulations on your achievement, and thank you for choosing me to be a part of your journey to a healthier and more balanced you.

*With big love and gratitude,
JP*



पुण्ड्र

साथे

JP

feedback

40 Days of Yoga for Beginners - Participant Feedback Questionnaire

Name (Optional):

Age:

Gender:

Email (Optional):

How many days did you complete the 40 Days of Yoga for Beginners program? [] All 40 days [] Less than 40 days (please specify the number of days)

What motivated you to join this program in the first place? Did you have any prior experience with yoga before starting this program? If yes, please briefly describe.

Which aspect of the program did you find most beneficial for your well-being? (e.g., yoga postures, breathing exercises, meditation, etc.)

Were there any specific yoga poses or practices that you struggled with or found particularly challenging?

Did you feel that the program provided clear and effective guidance for beginners?

Did you notice any physical improvements during or after the program (e.g., increased flexibility, reduced tension, better posture, etc.)?

How did the program impact your mental well-being? Did you experience reduced stress, increased mindfulness, or other mental benefits?

What strategies or techniques helped you stay motivated and consistent throughout the 40 days?

Were there any obstacles or challenges that you faced while completing the program? How did you overcome them?

Do you plan to continue practicing yoga regularly after completing this program?

Are there specific aspects of your yoga practice or well-being that you would like to focus on in the future?

On a scale of 1 to 10, how satisfied are you with the 40 Days of Yoga for Beginners program? (1 being very dissatisfied, 10 being extremely satisfied)

What did you enjoy the most about the program?

Is there anything you believe could be improved or added to enhance the program for future participants?

Would you be willing to provide a brief testimonial about your experience with the program? If yes, please share your thoughts.

Thank you for taking the time to complete this questionnaire. Your feedback is valuable and will help me improve and tailor future programs to meet the needs of the participants.

Namaste!

