

Shree Neelkantha Yoga Kendra

: Important Instructions for Yoga Learners :

1. You must provide detailed and correct information in the registration form.
2. Yoga is not merely a set of physical exercises, so please understand the basic principles first and then slowly proceed further.
3. You must come, empty stomach after attending to the nature's call and with brushed teeth. Wear a comfortable dress in which you can move your body.
4. Set your asana (Durry/Carpet or Blanket) as directed to you.
5. The sequence of asanas is very important. Therefore, please understand the course suited to your body structure and health requirements thoroughly.
6. A particular set of postures must be practiced for at least one month or as prescribed, so that you can yourself feel about its effects.
7. Breathing sequence is equally important. Synchronizing breath with the bodily activities as guided shall bring positive results quickly.
8. If you have abnormal pain in performing any posture, stop it at once and inform your Instructor at the earliest.
9. If you feel like going to the toilet during practice, do not hold the pressure, immediately go to the toilet and ease yourself after taking your instructor's permission.
10. Don't compete with anybody in performing any posture because your body is unique and entirely different than anyone else's body. Ultimately you will have to compete with yourself only.
11. Perform every posture and pranayama within your own limits. With practice your limits will keep improving.
12. Over stressing, jerks, undue pressures and extraordinary stretches might cause you serious troubles. Please avoid them.
13. Proceed with your course slowly and gently. In due course of time as your flexibility will increase, you will be able to perform the final shape of postures. Advantage of doing the asana will be still available from the very first day, even if it is partial.
14. If you are doing Yoga for treatment of certain ailments you must strictly follow the instructions for food, sleep, thinking, adopting changed way of life as prescribed. For at least three months you should practice under our expert guidance (not alone at home or elsewhere).
15. If you have been doing some other types of exercises you should discontinue it.
16. Drink a glass of water before taking bath and also pass urine before the bath so as to flush the kidneys and remove unwanted elements from the body. After that take bath with ordinary water.
17. Thirty minutes after yoga session, you should take some fluid, like fruit juices, vegetable soup (Luke-warm), honey in water, plain water etc. You should not take tea or coffee at this time. Long term use of honey can also be harmful for your health.
18. One hour after the yoga practice you may take light solid meals.
19. Evening meals should be taken three hours before going to bed. After meals you should walk a bit (strolling), sit in Vajrasana. Spend time with your family.
20. Before retiring to bed, wash your feet with plenty of normal water and sponge it with a dry towel.
21. Review your day's work mentally while lying in the bed and plan for the next day. Now suggest yourself for taking complete rest and sleep with a hope for a better tomorrow.
22. The schedule for your food and refreshments shall be fixed and firm. If for any reasons you do not get the food in time, avoid the meal and instead take one glass plain water, juice or milk.
23. Tea, coffee and snacks from restaurants etc. must be stopped. Arrange preparation of these things at your home, if needed.
24. Pan masala, tobacco and paan etc. in any form, must be stopped. These things will not let you take the full benefits of Yoga.
25. Some foods are harmful for certain ailments if so directed please forget those items.
26. If you could combine Japa, Dhyana, Music and Mudras with your daily practice of Yoga, the benefits shall certainly be doubled. Learn these things and give due importance to them.
27. Try to inculcate positive principles such as love to all, regards for elders, sharing pains of others, being polite, thinking the world as one family, simple lifestyle etc.
28. Bravely face the odds of life. Don't leave things on luck but always believe in hard work. You will certainly win.
29. Accept yoga as a part of your daily life. Don't carry it as a burden but enjoy it.
30. In case of sleepless night, tiresome routine, extraordinary worries or sickness feeling, you should consult your instructor for alternative instructions.
31. The yoga course needs changes and modifications according to the seasons and other circumstances, so please maintain touch with your instructor.
32. Do not start teaching yoga to others unless you have achieved perfection and you have been authorized to do so.

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