

**AMI**

Awaken & Maximise Inner potential

Yoga Guide

# Welcome to the World of AMI Yoga –

a friend who helps you Awaken and Maximize your Inner potential.

As you step into this wonderful world, get ready to discover yourself, to explore your own potential and to cross new frontiers of delving deep into the realms of your mind – to tap your own capacity for creativity and innovation. Enhance clarity of thought through decluttering your mind. And master the art of team building as you learn to let go through various AMI yoga techniques scientifically designed to master these attributes.

Firstly let's work on taking away factors that cloud the **REAL YOU** – Stress and Clutter



**MEGHA DHARGALKAR**  
Chief Vision Officer



**USHA KARNIK**  
Founder



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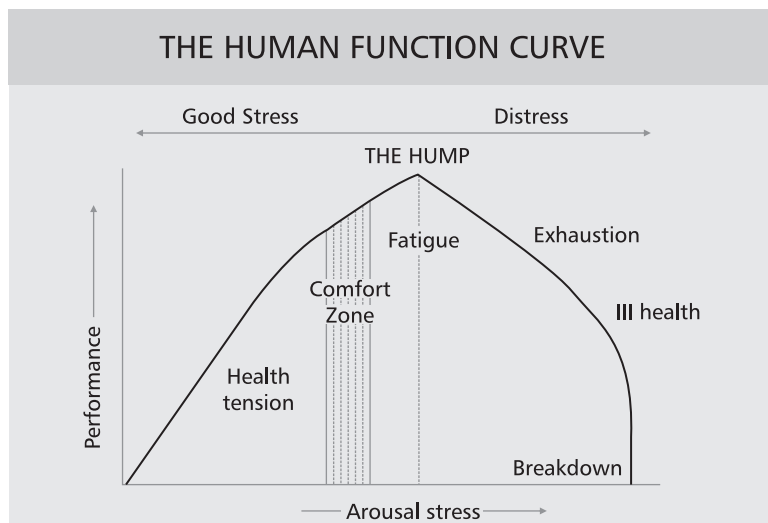
# What is Stress ?

In 1936, STRESS was defined as “the non-specific response of the body to any demand for change”. As you can see this definition of stress, remarkably had no negative connotations and gave a very neutral perspective to the concept of stress.

However things have changed over time. Today, the Oxford dictionary defines Stress as 'a state of mental or emotional strain or tension resulting from adverse or demanding circumstances'.

Now, Stress is generally considered to be a negative emotional and physical response. The AIS (American Institute of Stress) defines Stress as “a condition or feeling experienced when a person perceives that demands exceed the personal and social resources the individual is able to mobilize.”

However, let us not ignore the positive aspect of stress



Adapted from Nimon, P. Practioner, 1979

As shown in the graph, (AIS), stress can contribute to increasing productivity positively up to a point, after which things go rapidly downhill. However, that point or peak differs for each of us, so you need to be sensitive to the early warning symptoms and signs that suggest a stress overload is starting to push you over the hump. Such signals also differ for each of us and can be so subtle that they are often ignored until it is too late. Not infrequently, others are aware that you may be headed for trouble before you are.

Thus there is the good stress termed as Eustress and the unmanageable stress leading to Distress.

The trick to managing stress for greater productivity and success really lies in being able to increase the threshold of Eustress and marginalising the Distress.

Many times we create our own stress because of faulty perceptions and this trend or behavior can be worked upon to create more of positivity in stress rather than regarding it to be distressing.

So right at the onset let us make it clear that the purpose of this book is not to take away stress but to learn to deal with it in a better manner so that it is both productive and even enjoyable.

## How does one deal better with Stress?

This is where AMI Yoga comes in.

Unfortunately Yoga has become synonymous only with the asanas that are practised and being able to twist and turn your body into various complex postures has become the benchmark of evaluating an accomplished yoga practitioner.

This cannot be farther away from truth. Because Yoga is not just a set of asanas and pranayamas for physical and mental wellbeing. It is a whole lifestyle that is meant to enhance self-awareness and thus help improve your quality of living.

Coming back to the subject of managing stress better in our everyday lives, there are several instruments that can trigger and complete this change: autosuggestions, diet, asanas, pranayama, meditation and self-awareness can all help to bring about this transformation.

The starting point of this change is usually the asanas and therefore as of today they have the maximum visibility. Asanas improve flexibility and while they tone neuro muscular functioning, inculcate a sense of relaxation etc, their most significant outcome when managing stress is the flexibility of mindset and strength of resolve they induce.

Pranayamas through systematic breathing practices help improve vital parameters of blood pressure, pulse rate, respiration all of which help instill better clarity of thought, a positive approach to life and a surge of energy that makes dealing with ordinary and extraordinary everyday challenges more feasible.

AMI Yoga helps you to focus not just on the physical aspects of practices but also on the mental level build awareness about self and expand one's consciousness and intuitive understanding.

A healthy diet helps keep one light on the feet and brings in a feeling of agility and wellbeing.

## How do you deal with clutter ?

Today we are flooded with such an onslaught of information that knowledge itself is not an issue. What exactly to use from the available clutter of information, ignoring the rest with confidence and clarity is the real challenge.

Decluttering and pressing just the right buttons in your mind is what AMI yoga practices help you to do.

Meditation is a method of improving self-awareness and exploring yourself. Creative visualization in this process can greatly enhance both creativity and clarity of thought.

AMI Yoga can be practised at all ages. It is meant for the young, nimble and agile, the stiff backed professionals who find it difficult to sit on the ground as well as the obese.

Thus AMI Yoga is tailored into dynamic practices for the young and nimble, to everyday practices , sitting and lying on the ground to chair yoga for people who experience difficulty sitting down.

**Remember:**

1. Yoga asanas and pranayamas should be practiced on an empty stomach preferably in the morning. If not, then 3 hours after a meal.
2. Wear loose comfortable clothing
3. Practice according to capacity. Do not stretch yourself unnecessarily. 'Pleasurable pain' is a good indicator.
4. Most importantly AMI Yoga is all about enjoying the experience !

This book is designed to offer you a package of autosuggestions, asanas, pranayamas and meditation practices that enhance your productivity, creativity, clarity of thought and team building capabilities.

## AUTOSUGGESTIONS:

1. I am positively energised when faced with challenges
2. Positive stress helps me perform better
3. Decluttering my mind gives me clarity of thought
4. Challenges help me find creative solutions
5. Everyday I grow better at dealing with situations in my work and in life



# ASANAS

We start with the most basic of yoga asanas:

## VAJRASANA

1. Fold each leg backwards one at a time.
2. Big toes need to touch each other but do not overlap.
3. Spread out the heels and sit in between them.
4. Keep hands on the thighs, palms facing downwards.
5. Take care to keep the spine straight.

*This is the only asana that can be practiced after meals.*



Besides helping digestion, this asana brings stability to your thought process.

**Contraindication:**

Pain in ankle and knee joints.

## PADMASAN

1. Fold legs as demonstrated one at a time.
2. Relax your toes.
3. Keep your back straight and the shoulders square.
4. Place hands in **PADMA MUDRA** as shown.



## SUKHASAN

SUKHASAN which is a normal cross legged sitting position can also be practiced if Padmasana is found difficult.



Vajrasana, Padmasana and Sukhasana are meditative poses that have a calming effect on the body and mind.

**Contraindications:** Stiff, painful knees and sciatica

## SHWASANA MARG SHUDDHI

1. Sit in any one of the above asanas.
2. Close the right nostril and breathe out forcefully through your left nostril.
3. Repeat with the other nostril, each 5-6 times.
4. Now place both hands on the knees and force out your breath through both the nostrils. Repeat 5-6 times.

This practice helps decluttering of thought. Also helps clear and cleanse the breathing passage, thus improving the functioning of the respiratory system.



## MUKHA DHAUTI

1. Breathe in fully through the nostrils
2. Blow out through mouth, like blowing out a candle flame, but slowly. Repeat 5-6 times.

Simple and effective de-stressing practice. Can be accompanied by autosuggestions: When breathing in say to yourself: I am energizing my body and mind. While breathing out, say to yourself: I am letting out all the stress and tensions in my body and mind.



## JIVHA BANDHA

1. Stick tip of the tongue to the inner side of upper teeth.
2. Let the upper part of tongue touch the palate
3. Gently open the mouth so that frenum which is below the tongue gets stretched.
4. Close the eyes and maintain the pose for 8/10 breaths.



## SIMHA MUDRA

1. Sit in Padmasana or Sukhasana keeping spine straight.
2. With both hands hold the knees.
3. Open the mouth fully and stretch the tongue out.
4. Take the head down and breathe through nostrils, keeping eyes closed.
5. Maintain for 8/10 breaths with normal breathing.
6. Practice 2/3 rounds.



## SHADANANA MUDRA

1. Sit in Padmasana or Sukhasana with hands in Padmamudra.
2. With eyes closed keep the spine erect.
3. Turn the face to right and then to left.
4. Take the head up and then down
5. Laterally bend the head to right and then to left.
6. Come to starting position





While changing the position first come to the starting position. Each movement must be slow, comfortable and relaxed. Maintain each position for 10/12 breaths.

**BENEFITS** – Jivha Bandha, Simha Mudra and Shadanana Mudra complement each other when practised one after another. Improve blood circulation and flexibility in neck and throat region. Regular practice of the three helps in balancing the functioning of the thyroid and parathyroid glands. This Mudra helps manage blood pressure better. They induce relaxation, tranquility and calming of the mind thus enhancing clarity of thought.

## VAKRASANA

1. Sit straight stretching the legs in front.
2. Fold the right leg and keep right hand back.
3. Stretch the left arm across right leg
4. Now turn to the right side and feel the spinal twist.
5. Maintain the pose for 8/10 breaths with eyes closed
6. Open the eyes and release the pose.
7. Repeat the Asana in the same way by folding left leg.



**BENEFITS** – It improves the flexibility and functioning of spinal column. Encourages lateral thinking.

**Contraindications:** Acute slip disc, hernia

## USHTRASANA

1. Stand on knees keeping shoulder width distance between the legs.
2. Take your head back and catch the ankle joints.
3. Let the spine be curved backward.
4. Close the eyes and maintain the pose breathing normally.





**BENEFITS** – Makes the spine flexible and strong and relieves back-pain. This backward bending asana opens up your mind to new possibilities and ideas. Builds openness in thinking.

**Contraindications:** Severe pain in the knees.

## YOGA MUDRA

1. Sit in Padmasan or Vajrasan catching the wrists at the lower back.
2. With the chin forward stretch in front and bend down.
3. Let the forehead touch the floor. Relax the body.
4. Maintain the pose for 15/20 breaths keeping eyes closed.
5. While releasing open the eyes and come to the starting position.



**BENEFITS** – As you bend forward in this asana, experience the feeling of letting go. A great asana to let go of all your stresses , tensions and worries. Most importantly, a very effective practice to let go of one's ego.

Also helps reduce abdominal girth.

**Contraindications:** Slip-disc

## PARVATASANA

1. Sit in Padmasana or Sukhasana
2. Hands in Pranam Mudra. Slowly raise hands up – arms straight in elbows.
3. Keep the abdomen relaxed and maintain normal breathing.
4. Maintain for 15/20 breaths with eyes closed.
5. Open the eyes and release the pose.



**BENEFITS** – As you reach up with your hands , this asana helps you to strive and reach out to your goals. Builds a strong mindset of goal achievement with regular practice. Also improves the flexibility of spine.

**Contraindications:** Acute slip-disc and frozen shoulders.

## UTTANA TADASANA

1. Lie on back – keeping legs and feet together.
2. Relax the body and stretch the arms above the head.
3. Back of the Hands touching the floor.
4. Stretch the feet, ankle joints and toes keeping abdomen & back relaxed. Maintain the pose for 20/25 breaths with eyes closed.
5. Release and relax.



**BENEFITS** – Stretching the whole body shakes off lethargy and improves initiative. Provides relief from breathing related problems.

Also helps in arthritis, back pain neck-ache and shoulder pain.

## SETUBANDHASANA

1. Lie on the back. Fold the legs, soles on the ground and 18" distance between both knees and feet
2. Keep hands to the side of the body. Palms facing down.
3. Lift the hips and back up as much as possible.
4. Keeping eyes closed maintain the pose for 15/20 breaths.
5. Open the eyes, release the pose and relax.



**BENEFITS** – Minor aches and pains of the back and spine can be dealt with. Back becomes strong and flexible.

**Contraindications:** Acute neck-pain and hiatus hernia



## PAVANAMUKTASANA

1. Lie on the back keeping legs together
2. Lift the legs upto about 45 degrees.
3. Fold the legs in the knees and bring them nearer to chest.
4. Encircle the legs with both hands and press them on abdomen.
5. Slowly raise the head to touch the knees.
6. Hold the pose for 6/8 breaths with eyes closed.
7. Release and relax.



**BENEFITS** – Massaging effect helps to tone abdominal organs and reduces abdominal girth. Eliminates digestive disorders of gas, indigestion, etc. It improves the tone and flexibility of the back muscles.

**Contraindications:** Pain in the abdominal region. Pain in the neck.

## VIPARITA KARNI (MUDRA)

1. Lying on the back, keeping hands by the side of the body, palms facing downwards, pressing the palms down, slowly raise both legs straight up.
2. Gently take the legs towards the head.
3. Bring hands under the hips to give support
4. Raise the trunk to 45 degrees and legs in vertical stand.
5. With eyes closed maintain for 12/20 breaths
6. Release and relax.

**BENEFITS** – The inverted pose allows you to look at problems from all dimensions and from different points of view. Highly recommended in cases of displaced uterus, organ prolapse, dysfunction of the reproductive system and varicose veins.

**Contraindications:** Cardiac problems and slipped disc.



## KAPOTASANA

1. Lie on the abdomen. Keep forearms on the floor.
2. Fold the legs, feet touching each other.
  - a) Bring the feet as near to the hips as possible
  - b) Maintain for 15/20 breaths with eyes closed and be aware of breath. Release and relax.



**BENEFITS** – The pleasurable backward bend helps to give relief in back and neck pain. Advisable for correcting displacement of vertebrae and postural disorders. Also improves the functioning of the kidneys, liver, digestive, reproductive and respiratory systems.

**Contraindications:** Acute pain in abdomen, back or neck.

## DANDASANA

1. Lie on abdomen keeping the legs straight, together, soles of feet turning up. Place the palms by the side of the chest, chin on the floor.
2. Slowly raise the trunk as high as possible; tilting head backward.
3. With awareness and eyes closed hold the pose for 10/15 breaths.
4. Release and relax.



**BENEFITS** – The spine becomes strong, flexible and healthy. Gives relief in back pain and certain gynecological disorders. Recommended for alleviating the problems of constipation, flatulence, indigestion and respiration.

**Contraindications:** Ulcer, hernia and severe intestinal and spinal problems.

## DHANURASANA

1. Lie on abdomen, chin on the floor and legs shoulder-width apart.
2. Fold the legs, Catch ankle joints and pull the legs upwards. Keep your elbows straight
3. Simultaneously take head up and tilt it backwards.
4. Maintain for 8/10 breaths with eyes closed and awareness on the breath.
5. Release and relax.



**BENEFITS** – Upper body (Torso) neck, spine, chest, and abdomen get good stretch resulting in improved blood supply and flexibility. Recommended for relief in asthma, diabetes, neck pain, digestive and menstrual problems.

**Contraindications:** Person with cardiac problem, hernia, ulcer and abdominal pain should not practice this asana.

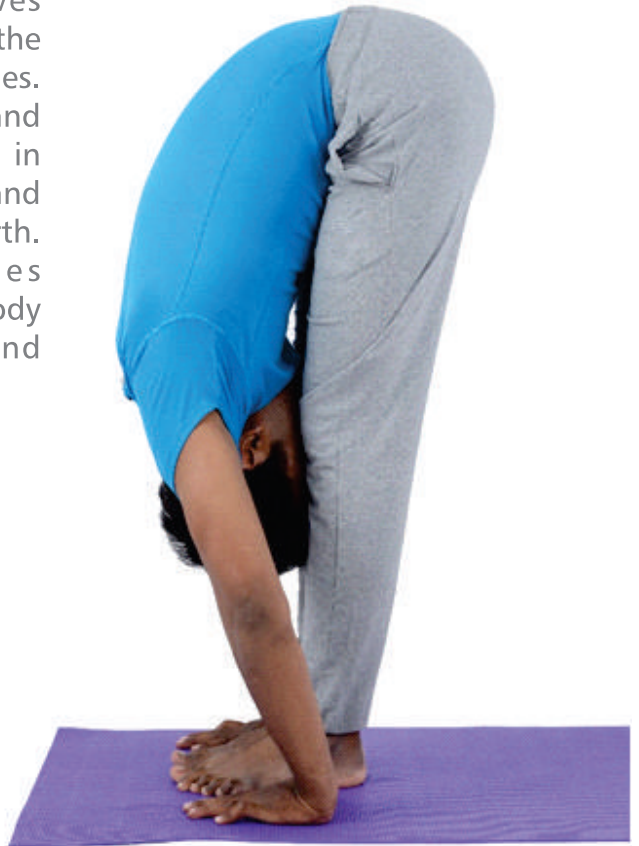
## HASTAPADASANA

1. Stand straight, feet together
2. Raise your arms up bending backwards slightly.
3. Start stretching forward and bend down keeping legs straight in the knees.
4. Arms and head hanging loosely downwards, place the palms by the side of feet.
5. With eyes closed maintain for 10/12 breaths.
6. Release and relax.

**BENEFITS** – Improves blood circulation and the flexibility of back muscles. Relieves backache, and stiffness. Gives relief in digestive disorders and reduces abdominal girth. Hamstring muscles become supple and body movements easy and effortless.

**Contraindications:**

Back pain



## HAST PARSHWASANA

1. Stand straight with feet 18 inches apart.
2. Take arms behind the back and interlock the fingers.
3. Stretch the arms down, take head back and bring shoulder blades nearer to each other.
4. With eyes closed, maintain for 8/10 breaths.
5. Release and relax.

**BENEFITS** – Strengthens neck and upper back and provides relief in cervical spondylosis. Improves breathing and movement of shoulder joints.

Persons engaged in table and computer work are advised to practice frequently.

## KATICHAKRASANA

1. Stand straight with feet apart at 18 inches.
2. Place the hands on waist. Bend the body and head to the left laterally taking the right hand up close to the right ear.
3. With eyes closed. Hold the final posture for 8 – 10 breaths
4. Release and repeat by taking the left hand up and bending laterally to the right. Release and relax.



**BENEFITS** – The spinal column becomes flexible improving the functioning of the spinal nerves. Reduces waistline girth and pain in the waist. It is very beneficial for people with asthma bronchitis or respiratory problems.

**Contraindications:**

Severe back or neck pain and frozen shoulder.



## UDDIYAN BANDHA

1. Stand erect with feet 2' apart.
2. Bend the legs in the knees slightly and place the palms on the thighs just above the knees. Keep the elbows bent outwards. Breathe in fully and breathe out completely hold the breath and take the head down , expand the chest
3. This will draw abdomen upward and inward.
4. Hold the pose for comfortable length of time.
5. While releasing, relax the abdomen and chest, and straighten the head and start normal breathing.

**BENEFITS** – Balances functions of adrenal glands, it vitalizes body and mind. Gives soothing effect on emotions and relieves anxiety, tension and stress. Also helps in giving relief from ailments like indigestion, constipation and diabetes. It strengthens the diaphragm, improves respiration and functioning of kidney and urogenitalorgans.

**Contraindications:** Colitis, ulcer, heart disease and high blood pressure

## KAPALBHATI

This is a cleansing process for inner cavities of nose, forehead and respiratory passage. Sitting in Padmasana or Sukhasana catch the knees keeping spine erect and abdomen relaxed.

1. Exhale through both the nostrils with a forceful contraction of the abdominal muscles. Immediately relax the abdominal muscles to breathe in passively without effort. After few rounds of exhalation (active) and inhalation (passive), stop the practice. Let the breathing happen effortlessly.
2. The few rounds of successive exhalation (active) and inhalation (passive) make one round of Kapalbhathi.
3. Practice 3/4 rounds.

NOTE—In Kapalbhathi the expulsions are rapid, brisk, deliberate and forceful whereas the inhalations are passive, relaxed and effortless. It is important to maintain the same speed, force and rhythm throughout the practice.

**BENEFITS** – It has cleansing effect on the cavities involved in respiration. Recommended for people prone to frequent attacks of cough and cold, asthma, emphysema, bronchitis etc. Teachers, singers' speakers and actors find it beneficial as it helps to reduce the tension and stress on the throat. Massaging of abdomen helps reduce digestive disorders and also abdominal bulge.

The practice helps one empty out the mind. Builds clarity of thought.

**Contraindications:** Severe heart disease and high blood pressure, vertigo, epilepsy, gastric ulcer and hernia.

## ANULOM VILOM

1. Sit in any comfortable posture.
2. Keep the back straight left palm on the left knee.
3. With right hand thumb close the right nostril and breathe in fully, slowly and completely through left nostril.
4. After breathing in immediately, close the left nostril with the ring finger of the right hand and breathe out slowly and completely through the right nostril
5. After breathing out through the right nostril, keeping the left nostril closed (with the ring finger), breathe in slowly and completely through the right nostril.
6. Then close the right nostril with the right hand thumb and exhale slowly and completely through the left nostril.

This is one round of Anulom Vilom pranayama. Practice 6/10 rounds. In this pranayama, both inhalation and exhalation are slow, complete, controlled and without any sound from the nostrils. Mental count may be given while breathing in and out and breathing out time should be progressively made longer till it is double that of breathing in.

**BENEFITS** – It has a harmonizing effect on the body and mind. It also induces tranquility, concentration and clarity of thought. It enhances vitality and is a great help to people who have anxiety, depression, stress or psychosomatic problems. It is recommended for people who have fears and phobias.

Enhances holistic decision making.

**Contraindications:** Severe throat infection or obstruction in the nostrils.

## UJJAYI

1. Sit in any comfortable posture – hands in Padmamudra
2. Partially constrict the glottis (throat) so that there is narrowing of the air passage, then breathe slowly, evenly and deeply. Because of the constriction, a gentle snoring like sound is produced in the throat. While exhaling adopt the same method producing snoring sound. Breathe out for a longer duration than breathing in.
3. Both inhalation and exhalation are controlled, uniform, long and deep.
4. Keep eyes closed and awareness of the breath throughout the practice. Practice 10/12 rounds.

**BENEFITS** – The practice of Ujjayi is highly recommended as a Stress Management technique. It has a profound soothing and relaxing effect on the nervous system and on the body and mind. **It induces emotional balance and gives relief from insomnia.** It is useful for people suffering from high blood pressure. It improves the breathing capacity and is very useful for people having respiratory ailments.

## BHRAMARI PRANAYAMA

1. Sit in Padmasana/Sukhasana, hands in Padma Mudra, back straight and eyes closed.
2. Breathe in fully through the nose.
3. While breathing out, slowly produce a deep humming sound like a black bee. (Bhramari)
4. The sound is soft, deep, controlled, smooth, even and continuous while exhaling.
5. Practice 10/15 rounds.

**BENEFITS** – It relieves cerebral tension, stress and stress-related problems like insomnia, anxiety, anger and emotional excitement and brings relief from high blood pressure.

**Contraindications:** Severe pain or swelling in the throat.

## 'OM' CHANTING

The sound vibration helps bring about peace of mind and improves clarity of thought.

## MEDITATION

Regular practice helps keep mind focused and reduces random thoughts. Meditation brings you into the present moment 'here and now' rather than dwelling on the past or worrying about future. You start enjoying each moment. The mind becomes quiet.

Some guidelines for Meditation:

1. Meditation is to be practiced every day, preferably at the same time. Early morning is the best time.
2. Sit for meditation with the spine straight and vertical.
3. During the initial stages, it is usually not possible to meditate for more than 8/10 minutes. After regular practice, one is able to meditate for a longer time.
4. Do not fight or wrestle with the mind. Instead of force, very gently bring the mind back to the object.

Meditation induces deep state of relaxation and enhances self awareness. It improves clarity , creativity and understanding.

## SHAVASANA

Lie on your back. Keep the legs about 1.5 feet (45 cms) apart, hands slightly away from the body, palms facing up, fingers naturally curled. Let your head rest in a comfortable position. Close the eyes and relax the whole body. Let your restful awareness move through each part of your body, relaxing it completely. Be aware of your right leg and relax the toes, sole, heel, ankle-joint, calf muscles, knee-joint, thigh muscles, hip-joint-and hip. Similarly , relax the left leg. Relax your right hand, fingers, palm, wrist, forearm, elbow, upper arm, shoulder-joint and shoulder. Also relax your left hand. Become aware of and relax your abdomen, chest and throat. Take your attention to your back. Relax the entire back and neck. Visualize your face and relax the chin, lips cheeks, eyes, eyelids and the forehead. Think that you are relaxing your brain and your heart. The whole body from head to toes is completely relaxed. Let gravity embrace you. The entire body form is motionless and firmly rooted to the ground. Mentally recite with each breath: 'my body is becoming more and more relaxed; all the stress and tension is flowing away from my body and mind.' Enjoy deep relaxation. Maintain restful awareness of your breath. Notice that the breathing becomes slow, deep and rhythmic. Remain in the same pose for 5/10 minutes. To end the practice, become aware of the body. Slowly, move your legs and hands; open your eyes, and turn to one side. Relax for some time, then sit up and do palming.

NOTE - One can practice Shavasana at any time of the day, before the yoga session and/or in between the Asanas and/or at the end of the yoga practice session.

**BENEFITS** – Through the regular practice of Shavasana, you become more and more aware of your tensions and can induce a relaxed state of the body and mind. Deep relaxation brings vitality and positive health to all systems of the body. It is highly recommended for people who have diabetes, cardiac problems, hypertension, tension-headaches, insomnia and psychosomatic problems. **It is a very effective stress-management technique.** Visualization and autosuggestion are very effective in Shavasana as the body and mind are in a relaxed and receptive state. In the modern stressful life, Shavasana can be called the king of the Asanas.



## YOGA NIDRA

This practice consists of deep relaxation which makes the mind extremely receptive to suggestions. A resolve taken in such a deeply relaxed state is well received by the mind at a sub conscious level . This ensures that the mind remains focused on the resolve even when we are unaware and acts accordingly.

Rotation of consciousness stimulates various parts of the brain improving the capacity of the mind. Visualisation techniques in Yoga Nidra help build creativity of thought. Thus it is one of the most powerful practices in yoga to enhance creativity and goal oriented behavior.

## Guidelines on lifestyle

1. Forgive everyone, forgive yourself.
2. Be with nature. Try to find some time to walk barefoot in the grass, stroll in the park, watch birds. Walk by the sea, a river or stream. Flowing water invigorates and energises the mind.
3. Regular brisk walks keep the body fit and also help release stress.
4. Laugh often. Laughter , it is said also makes your internal organs happy with the release of endorphins. Learn to laugh at yourself too.
5. Appreciate yourself
6. Be patient with others and yourself. Accept people. Each person is unique. You cannot change others , instead change your attitude.
7. Change is the spice of life. Accept change. It gives you an opportunity to explore many facets in your life.
8. Learn something. Develop a hobby. Do social work. Learning something new keeps your brain fit and agile. A hobby provides contentment and relaxation. Helping others raises one's self esteem and gives one a sense of satisfaction.
9. Be grateful. For all that you have, for your friends relatives and neighbours and for the entire ecosystem around you that we take so much for granted.
10. Remain in the present. It helps bring about focus and improves efficiency.
11. Enjoy your relationships and keep nurturing them. Maintain equilibrium in all situations.

## SAKSHIBHAVA

Witness yourself in every situation. Witness your thoughts , ideas. How you react to a particular situation. What is your attitude when dealing with day to day circumstances. Thus you develop an ability to step back and look at every event as a third person without getting too deeply involved into it. This is a required practice to cultivate the ability to face situations with equanimity and also helps holistic decision making.

### Some tips on your diet :

1. Eat only when you are hungry. A meal that has all tastes, sweet, salty, sour, pungent, bitter makes you feel satiated.
2. To have good digestion, eat only two thirds of the capacity of the stomach. Leave one third of the space empty. The empty space allows for churning of food and optimizes digestion.
3. Eat freshly cooked meals.
4. When you eat, you are nourishing each cell in your body. So have a balanced meal, eat with full awareness, sit quietly for a few minutes after every meal.



**AMI YOGA SOLUTIONS PVT. LTD.**

D-501, New Raikar Chambers, Near Jain Temple, Opp Nilkanth Gardens, Govandi, Mumbai-88

E-mail:- [potentials@amiyogaglobal.com](mailto:potentials@amiyogaglobal.com), Web:- [www.amiyogaglobal.com](http://www.amiyogaglobal.com)

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