

Yoga Program Bharatiya Cultural Center (BCC) 2011

YOGA PROGRAM APPLICATION FORM

There is no age restriction, (prefer >7 years and upwards), no gender restriction and if you have medical condition that needs to be addressed must obtain an appropriate note from your personal physician. Small children must be accompanied by a parent or guardian. In joining the program you are waiving the BCC any and all liabilities. Your participation is voluntary and you understand these issues.

Name _____ Home Phone _____

Address _____ Work Phone _____

Email _____ Birth Date (d/m/y) _____

The fees are \$ 5 for a session and \$ 10 for a family, make check payable to Bharatiya Cultural Center and mark memo part Yoga. This will help BC to defray some costs, for utilities etc. The instructors in general have indicated that it is service that they are giving to the community.

Please initial to confirm that you have read and understood the above.

Initials: _____

How did you hear about Yoga Program?

What are you expecting to learn from the Yoga Program _____?

Questionnaire for Registrants

1. Please provide information regarding your physical health?

b. Do you want us to be aware of any particular medical condition (e.g.: Diabetes, BP, etc) please provide details

2. Please provide an emergency contact name and phone number for:

a) Personal: _____

b) Medical: _____

With your signature below, you confirm that you have read and understood the above and contents of the handout. I affirm that all information provided in this application form is true and accurate.

Signature _____

Yoga Handout: 2011 Season.

Time, Place and Environment:

- We will have two classes Wednesday 6.30 to 7.30pm and Sundays 8.30 am to 9.30am.
- Program will start on March 6th, 2011.
- Registration form needs to be completed and be accessible to the Yoga Instructors Group. A simple form that includes your name, address, emergency contacts and appropriate medical information. BC and BT do not assume any liability and participation by anyone in this program is voluntary
- Contributions : First two sessions are free for all healthy devotees. BCC is aware of the soft nature of the job market and economy. For those who can donate give \$ 5 per person or \$ 10 for family each session. Make your check to BCC (coupon marked Yoga). Leave it in Gift Shop or drop in hundi. Those that need special consideration -- please talk to the yoga coordinator. You may be able to barter or help in another area where BCI needs help. We will accommodate. No one will be denied access to this health sustaining yoga program. Health permitting, all seniors and active members of youth group may attend free. This contribution policy will be reviewed every six months or as appropriate based on experiences gained. Honor System Prevails. Your donation will support the services that BCC offers to our community. Be generous.
- Please bring your own yoga mat with you!
- Bring an extra one if you have!!
- Bring a healthy friend or two or three!!!
- It is recommended that a child (below 18) should be allowed to participate only if a parent is present with the child.
- If your circumstances need special handling please contact the coordinating instructor to work out the issues. No one will be denied to this health sustaining yoga programs. We request you to make a check to Bharatiya Cultural Center and leave it at the Temple Office or drop in Hundi, mark memo section for Yoga so that it would be properly credited. You may give the check at the end of the month or beginning (preferred) as convenient to you. You are supporting The Bharatiya Cultural Center and its mission to serve the community.
- Equipment: You please get your own Standard Yoga Mat that is available at Dollar Stores for around 5 Dollars. The instructors will help you with the information.
- Program will start on March 6th, 2011, with Ashwin Aragam (certified), Praveen Sharma, Alli Natesh (certified);Ragini Boopathy, Shivangi Rawal(certified), Renuka Adiraju (certified), Sharmila Jog, Joan Rosetsky, Janet Bernhart,.
- Contact : Ashwin Aragam visakayoga@yahoo.com 610-222-7695 , Alli Natesh " allib.natesh@yahoo.com, 215-661-0393; "Praveen Sharma" pravsharma@hotmail.com, 215-361-0145; "Akkaraju Sarma" akkaraju1@gmail.com, 215-914-0236; All Yoga Instructors are members of this sub-committee.
- If you know of others that want to join the program and offer instructional guidance, please get in touch with the Yoga Subcommittee. Initial contacts with anyone but it will be easier if you get in touch with above listed.

Yoga Activities:

- Best time to practice is either early in the morning or late in the evening.
- Yogasanas should be done in a clean airy place free from noise and distractions (cell phones)
- Yoga should not be performed in an unbalanced environment. The environment should be neither too cold nor too hot.
- Some of the initial Warm-up exercises for about 5 minutes. The following will be included in various sessions.
- Bhastrika, Anulom-Vilom, Kapaal Bhaati, Agnisar, Tribandh, Bhraamari, Udgeet, Ujjayee and Mandookaasan.
- Thadasan, Prayer and warm up, Stretch back and forward, Eye and neck exercises, Balancing postures (tree pose, eagle and Nataraja), Trikonasana, Veera bhadra (warrior pose), Surya Namaskar, Breathing, Forward bend, Spinal twist, Yoga Biking, Baby Pose, Bhujangasana, Dhanur and Savasana.
- Astanga Yoga. This has eight components as noted. A) Yama: Non-violence, purity of mind, honesty and good conduct (as temple devotees we all reflect very desirable habits); B) Niyama: Purification with self discipline: purity of mind body and thought, reading of the scriptures (list of books to read can be obtained from instructors) and dedication to the almighty; C) Asana : doing physical warm ups and postures; D) Pranayama: Rhythmic control of the breath; E) Pratyahara: control of senses; F) Dharana: development of concentration; G) Dhyana : meditation.(we can have separate classes to cover the methods and practice); H) Samadhi or Universal consciousness: Becoming one with the object of meditation (which should be individually, a personal experience).

Cleanliness:

- Asanas should be done after cleaning yourself properly (empty stomach, empty bladder, etc.)
- A hot shower before yoga is recommended

Food:

- Practice on empty stomach preferably, either before lunch in the morning or before dinner in the evening, but do not starve while practicing
- A cup of milk may be taken fifteen minutes before doing yoga
- Wait for four hours after a heavy meal or two hours after a light meal
- After finishing you should wait for half an hour before you eat. Moderation needed

Dress code:

- Loose fitting garments
- It is best to practice yoga on bare feet

What to bring:

- Please bring a water bottle, a beach towel, a small towel and a yoga mat (preferably).
- The mat used should not be too hard to feel the floor nor too soft to interfere in the body alignment

Don'ts and Caveats:

- Avoid doing yoga if you are sick, tired and didn't have enough sleep
- Do not try to go beyond one's physical ability to perform postures or breathing techniques, as it may result in problems affecting the body
- Women should avoid doing inverted poses during menstrual periods
- Certain postures should not be done by some people who may include pregnant women or persons with a medical condition. They should talk to the instructor before enrolling in the class

General:

- Please consult with your primary care physician before enrolling.
- Make the instructor aware of any medical condition(s) ahead of starting yoga exercises.
- Each instructor may have a set of additional rules, which they will directly convey to the class.

PS: These handouts were developed with the input from many of the instructors. The help from all of them is gratefully acknowledged. We will strive to improve as we move forwards.
Akkaraju Sarma,
Chair HHS.

____ Date _____