

Zen Resort Bali: YOGA



The word "Yoga" comes from the Sanskrit word "yuj" which means "to unite or integrate". Yoga is a 5000 year old system of Hindu philosophy of harmony and balancing the body, mind and soul, thereby enhancing physical, psychological, social and spiritual wellbeing.



Yoga comprises of three fundamentals, the external relating to physical health and fitness, the internal to the psychological health and intellect, and the innermost to spirituality and benevolence. All these three aspects are essential to healthy living, happiness, liberation and enlightenment. Yoga is an art and takes into purview the mind, the body and the soul in reaching divinity. The body must be purified and strengthened through physical exercises and discipline. The mind must be cleansed and liberated of all inhibitions and constraints and the soul enlightened.



There are six Hindu vedic philosophies, and among them two relate to yoga – Sankhya yoga and Patanjali yoga. Sankhya yoga focuses on the mystery of and different elements of life and the universe and relates the relationships and relevance of previous life, birth and after death to current life conditions and aspirations. The individual human spirit (Paramatma) can secure eternal liberation (Moksa) through Karma yoga (self-less work), Bhakti yoga (spiritual devotion), Jnana yoga (ways of wisdom) and Raja yoga (self control). Patanjali yoga comprises the practical means and actions such as Hatha yoga (exercise postures), Pranayama (control of breathing) and Dhyana yoga (meditation). Practicing yoga revives and rejuvenates damaged tissues and cells.



Yoga practices help deal with emotions, sensitivities, desires, achievements and failures in our lives. Through Yoga we learn to develop a greater awareness of our physical and psychological blocks that often keep us from realizing our full potential. Yoga enables us to better manage our feelings, reactions and responses to situations we are confronted with. The regular practice of yoga results in benefits, including youthful face & figure, gracious posture & carriage, clear complexion, improved blood circulation & all-round wellbeing.



During the last decade, Swami Maharaj Ram Dev in India has simplified and popularized a range of yoga exercises together with pranayama techniques and meditation that are easy to do and highly beneficial in not only achieving and sustaining good health but also curing many ailments and diseases. The teachings of Swami Ram Dev have influenced many people, and in fact tens of millions of people join his daily television exposition of yoga, pranayama and meditation across India. Our Yoga masters from Kerala have attended workshops by Swami Ram Dev and these practices and technique are at the core of our morning Zen Resort yoga classes comprising,

- Light exercises done in sitting position Dandasan and in sequence to relax and strengthen the toes, feet, ankles and legs, knees and hips, waist and stomach, back, chest and heart, fingers and hand, shoulder and neck, elbow and the eyes.
- Surya Namaskar, a series of twelve graceful movements done sequentially such that energy stretches through the spinal cord simulating blood circulation. A regular practice of this exercise improves the digestive system and heart functioning, flushes impurities from the skin and is beneficial to the endocrine system thus aiding metabolism of the body.
- Pranayama and Meditation: A series of eleven breathing, relaxation and consciousness exercises that is critical to physical, emotional and spiritual health.

- Mudras are a series of eleven finger exercises done in sitting or standing position. Our five fingers denote the five elements that compromise everything in the world, thumb the fire, index finger the air, middle finger the space, ring finger the earth and the little finger the water. The exercises bring about a balance of the five elements in our body thereby improving the functioning of all the internal organs and body physical as well as enhancing psychological and spiritual wellbeing.
- Asanas are posture exercises that involve bending, twisting, sitting, standing, inverting and supine position; they are highly beneficial in terms of physical, psychological and physiological wellbeing. Depending on an individual's level of fitness and physical flexibility, specific asanas will be recommended and practiced.



In addition to the above, individual yoga exercise classes can also be designed in cases related to specific health conditions such as digestion and stomach problems, sugar level and diabetes, weight problems and obesity, backache and spinal problems, circulation and blood pressure, anxiety and stress etc

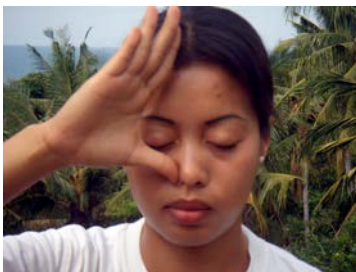
Zen Resort Bali : PRANAYAMA



Pranayama is the science and technique of regulated and effective breathing. Breathing is the act where we take air (“prana”) from the atmosphere into our lungs, absorb oxygen from it into the blood supply, and exhale the air together with carbon dioxide and water vapour. The act of inhalation and exhalation is

repeated about every five seconds. Each time we take in some 500 ml. of air and thus some 7 liters of air per minute are exhaled and inhaled. Breathing is so simple and obvious that we take it for granted. It is ironic we are rarely taught how to breathe air in, to hold the air in, and to breathe out is the basis of life, since without this we cannot survive even for a few minutes.

Air is the most important element as it moves the three doshas – vata, pitta and kapha- from one part of the body to another and it analyses and separates the body's elements and excretions. Prana provides energy to all the limbs, organs and glands of the body and thus enables effective functioning. It is Pranic energy, which enables eyesight, hearing, nasal smell and vocal speech. Prana lends luster to our faces, makes our minds think and enables the alimentary system to digest and assimilate the food we intake.



The practice of Pranayama is critical to maximizing the effective capacity of the lungs, the fundamental purifying engine of our body. Our lungs comprise of some 73 million cells and in normal breathing only a third of the lung cells get oxygenated. Increased and effective utilization of the lung capacity would have a major impact on our physical, mental and spiritual well-being.

Normal breathing patterns show marked changes under various conditions. For example, while doing and physical exercises and work, walking uphill and rapidly, lifting or carrying heavy loads etc, we automatically begin to breathe more rapidly and more forcefully. At high altitudes, in a rarefied atmosphere our breathing becomes heavier. Breathing patterns also change with emotional excitement and in cases of health disorders such as asthma, bronchitis, and other lung affections. We are hardly aware of the fact that we are breathing, except in situations where there is difficulty in breathing.



There is recognition that the one's life span relates to the number of times one breathes. In the animal world, the tortoise's breathing frequency is among the lowest about five times a minute, and it has the longest life span – some 400 years, and in contrast small bird breathing with rapid frequency of 60 times a minute lives a year or so. It is said that nature determines life span on the basis of the number of respirations.

There are three important Pranayama exercises that pertain to controlling and regulating breathing. Ujjayi pranayama, the “sounding” breath involves constricting the back of the throat while breathing to create the “ah” sound. The benefits of this include focusing the mind, increasing mindfulness and generating internal heat and energy. Dirgha pranayama is a deep breathing technique that uses the diaphragmatic or “belly” breathing. It is highly effective in relaxing the mind and the body, oxygenating the blood and purging the lungs of carbon dioxide and other impurities. Nadi Shodhana pranayama comprises alternate nostril breathing, particularly effective towards cleansing the air channels, overcoming anxiety and stress and enabling logic and clarity in thinking.



At birth humans are deeper belly breathers which is natural and healthier. As we grow the environmental factors and stress causes changes in our breathing. Most adults become shallow chest breathers whereby the bottom third of the lungs is hardly used. It is important to regain the natural ability to breathe in a slow, deeper and healthier manner. A daily practice of some 20 minutes of the seven Pranayama exercises discussed above would be beneficial to strengthening the lungs and increasing breathing capacity.



Effective breathing is important to increase blood oxygen levels that enables a proper and proportional balance of the three doshas, vata, pita and kapha. This balance is essential to improve nutritional metabolism and though this to strengthen resistance against a range of diseases and ailments. Pranayama exercises have been effective in preventing and treating conditions such as 2

asthma, high and low blood pressure, stress-related heart ailments, hyperactivity, insomnia, chronic pain, obesity, diabetes, high cholesterol, allergies, migraine, premature hair graying, facial wrinkles, early ageing, and other physical and psychological disorders.



We know that as long as one is breathing, one is alive and that when breathe stops, life comes to an end. Hence learning to breathe effectively and efficiently is of critical importance in maintaining and achieving physical, psychological and spiritual health and life longevity

Zen Resort Bali: Seven Pranayama exercises for health and beauty

During the morning yoga class at Zen Resort, you will have the opportunity to learn the seven basic pranayama exercises. In each of the following exercises sit on the floor in a comfortable Yoga Asana position such as for example, lotus position with the back straight. These exercises may also be done sitting in a straight back chair. Rest the back of your hands on your knees and with moderate pressure and connect the tip of your thumb to the tip of your index finger for both hands. Close your eyes and concentrate on the space between your eyebrows and try to empty the mind of all thoughts and think positively of peace and joy. Take a deep breath until lungs are full with air and breathe out slowly. Repeat this five times and you will ready to do the following seven exercises for about 3 minutes each.

It is important to do the following exercises at slow speed to begin with and gradually over time to build up the speed and forcefulness of breathing in and out to moderate and higher levels. Also depending on your lung capacity and fitness and health, subsequently you may increase the time to about 5 minutes for each of the exercises. Note that if at anytime you fill strain and discomfort then stop and rest before continuing any of the exercises.

Prana 1 (Bhasrika Pranayama): Breathe in through both nostrils forcefully until lungs are full, the chest expanded and the diaphragm stretched. Then breathe out forcefully until lings are empty. Repeat this for about 3 minutes. Another version of this exercise is to sit3

with legs folded at the knee and raising and fully stretching both hands up as one breathes in then pull the hands down to shoulder level as one breathes out. **BENEFITS:** This exercise brings about a proper balance of the three doshas, namely Vata, Pitta and Kapha. It is particularly beneficial to treating ailments such as cold, cough, tonsillitis, throat infections, allergy, asthma and other respiratory diseases.

Prana 2 (Kapal-Bhati Pranayama): Repeat Prana 1 except that the breathing in normally and breathing out is with as maximum a force as possible. Repeat this for about 3 minutes. **BENEFITS:** This exercise is highly effective in normalizing blood sugar levels. It improves functioning and efficiency of the abdominal activity of organs such as pancreas, kidney, prostate, spleen etc. It is particularly effective in relieving ailments such as constipation, acidity, artery blockages etc.

Prana 3 (Bahya Pranayama): Breathe out as much as possible and hold your breath to the maximum time feasible. When you desire to breathe in, do it slowly until lungs are full. Repeat this for about 3 minutes. **BENEFITS;** Same as in Prana 3 and particularly effective with regard to improving digestion.

Prana 4 (Anulom-Viloma Pranayama): This exercise involves closing the left and right nostrils alternatively. With the right thumb close the right nostril. Breathe in slowly through the left nostril until lungs are filled and chest expanded. Close the left hand nostril with the second and third fingers. Open the right nostril by releasing the thumb and breathe out very slowly with the right hand nostril until lungs are empty. Repeat this for about 3 minutes. **BENEFITS:** This exercise is effective in dealing with Vata dosha imbalances which affects ailments such as rheumatism, gout, urinary infections etc. and also improves blood circulation and is effective in reducing cholesterol levels. .

Prana 5 (Bhramari Pranayama): Close your mouth. Breathe in through both nostrils until lungs are filled. Close your left and right eyes with the two middle fingers of the left and right hands. Similarly close your ears with the left and right thumbs. Press the forehead with the left and right hand index fingers lightly. Breathe out slowly, making a humming sound of a bee while reciting "Om" mentally. Repeat for about 3 minutes. **BENEFITS:** This exercise, ideal for meditation, is effective in relieving stress and other related symptoms such as high blood pressure

Prana 6 (Omkar Japa): Close your eyes and breathe in through both nostrils slowly with the "OM" sound. Hold your breath to the maximum time possible. Breathe out slowly with the "OM" sound. Repeat for 3 minutes. BENEFITS: This exercise improves concentration and mental agility and when practiced at bedtime is highly effective in inducing deep and peaceful sleep

Prana 7 (Nadi Shodhan Pranayama): As in Prana 5, close the right hand nostril and inhale slowly through the left hand nostril as deeply as possible. Hold your breath to the maximum time possible and exhale through the right hand nostril until lungs are empty. Now breathe in slowly through the right hand nostril. Hold your breathe for maximum time possible and next breathe out through the left hand nostril and again breathe in through the left hand nostril. Repeat this exercise for about 3 minutes. BENEFITS: As in the case of Prana 5.

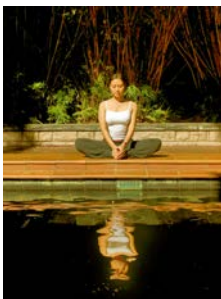
Zen Resort Bali: MEDITATION



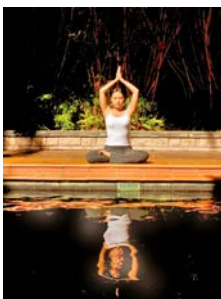
Around 500 B.C, Gautama Buddha founded the principles of meditation and became its major proponent. His teachings were spread far and wide across the Asian continent, from India to China to Japan and other Asian countries. The different cultures in these countries adopted varying forms of the meditation and they each found their own unique way of practicing it. For example in China, the Ch'An, Mahayana and Taoist schools of meditation evolved and in Japan, Zen meditation. Meditation spread to Western countries much latter, gaining popularity in the mid-20th century



Meditation is not necessarily a religious practice, but because of its spiritual element it forms an integral part of many religions. The basic objective of most meditation styles remain the same and are performed in a state of inner and outer stillness and concentration. Meditation is an intensely personal and spiritual experience. The desired purpose of meditation is to channel awareness into a more positive direction by totally transforming one's state of mind.



The entire process of meditation comprises the three stages of concentration (**Dharma**), meditation (**Dhyana**) and enlightenment or absorption (**Samadhi**). The individual preparing to meditate usually starts off by harnessing awareness, such as focusing the mind onto a certain object. Once attention gets engaged, concentration turns into meditation or Dhyana. And through continuous meditation, the meditator merges with the object of concentration.



While there are a wide variety of meditation techniques, two main categories comprise all major forms. The first, concentrative meditation focuses the attention on the breath, an image or a sound, in order to still the mind and allow a greater awareness and clarity to emerge. Sitting silently and focusing on dynamics of breathing is concentrative meditation in its most basic form. Anxiety causes breathing to become shallow, rigid and uneven. In

contrast in a state of tranquility and calmness, breathing is slow, deep and even.



The purpose of the second category, mindfulness meditation is to increase awareness of the inundation of “sensations and feelings” around oneself, but at a distance. In mindfulness meditation, one experiences every aspect of the environment without consciously thinking about or reacting to it, thus gaining intense calmness and clarity. Meditation leads

to a state of consciousness that brings serenity, clarity, and bliss. The “normal” state of mind is actually quite abnormal, receiving sensory stimuli and often reacting physically and emotionally in an uncontrolled way.



Meditation is a practice that gives balance physically, emotionally and mentally. Today, meditation is increasingly utilized to treat anxiety, stress, and depression. The “deep rest” meditation dissolves stress and facilitates better choices through clear thinking. Meditation has also been used to help people

quit smoking, conquer drug and alcohol addictions and reduce symptoms of pre-menstrual syndrome and menopause. Meditation aids in lowering heart rate and blood pressure by slowing down breathing, which reduces the amount of oxygen needed. Along with the mind, muscles gently relax.



Meditation is important to all aspects of our well being. All of us are confronted everyday with tasks to do and often this leads to worry that in turn inhibits clear thinking towards finding solutions. A few minutes of deep meditative concentration goes a long way towards resolving the problems and worries that confront us.



At Zen Resort you have the opportunity for sunrise and sunset meditation on the tree-tops forest deck that overlooks a lush tropical forest and rice fields with wide open views of the Sea of Bali. There are also numerous secluded locations in the tropical gardens to find your own private

meditation hideaway. Special meditation techniques classes for individuals and groups can be arranged with our Yoga master at the resort.