

Yogathon - Practice programme

This program is a guide for you to encourage your practice to develop strength and stamina required for the yogathon.

If you are recovering from a recent operation, illness, injury or any other condition that requires you to take medication please consult your doctor before attempting the yogathon.

- During your practice listen to your breath and focus on your movement. Make sure you don't rush or force yourself.
- Choose a time of the day to practice when you won't be disturbed by the phone or by your mind thinking about all the things you have to do.
- Start your practice slowly and give your body chance to warm up. Add in any extra breaths if you need them and take a moment to breath between each round- Remember some days will be better than others and don't put pressure on yourself if you don't find the time to practice.
- Make sure you don't miss too many days in a row as you will find it difficult to regain your flow.
- Relax your mind and body after practice, breath and drink lots of water.

It's a good idea to record your progress- make a note of how many sun salutations you do each day- its very motivating to see your progression and your strength and stamina improving.

Remember- You have committed yourself to take part in the yogathon, keep that as your guiding light rather than worrying about completing the 108 rounds- It's your participation that counts.

****Above all enjoy your practice****

Week 1- w/c 28 th Nov Aim to do 3 every morning and 6 every evening Sunday- Aim to do 12	Week 2- w/c 5 th Dec Aim to do 6 every morning and 12 every evening Sunday- Aim to do 18 (Pause after 9 for 9 breaths and continue)
Week 3- w/c 12 th Dec Aim to do 12 each day Sunday- Aim to do 27 (pause after each set of 9 for 9 breaths and continue)	Week 4- w/c 19 th Dec Aim to do 18 each day Sunday- Aim to do 36 (pause after each set of 9 for 9 breaths and continue)
Week 5- w/c 26 th Dec Aim to do 24 Mon, Wed and Fri Sunday- Aim to do 45 (pause after each set of 9 for 9 breaths and continue)	Week 6- w/c 2 nd Jan Aim to do 36 Mon, Wed and Fri Sunday- Aim to do 54 (pause after each set of 9 for 9 breaths)
Week 7- w/c 9 th Jan Aim to do 45 Mon, Wed and Fri Sunday- Aim to do 72 (pause after each set of 9 for 9 breaths and continue)	Week 8 - w/c 16 th Jan Aim to do 63 Mon, Wed and Thurs No practice Fri

Why 108 sun salutations?

There are many reasons quoted for doing this particular number of sun salutations. Here are just a few:

In fact, the number 108 carries spiritual significance throughout a wide swathe of cultures: *108 is the number of "Upanishads" comprising Indian philosophy's "Vedic texts".

- * 108 is the number of names for Shiva (a really important Hindu god).
- * 108 is the number of names for Buddha.
- * 108 is the Chinese number representing "man".
- * 108 is the number of beads on a Catholic rosary.
- * 108 is the number of beads on a Tibetan "mala" (prayer beads, analogous to a rosary).
- * 108 is twice the number "54", which is the number of sounds in Sanskrit (sacred Indian language).
- * 108 is six times the number "18", which is a Jewish good luck number.
- * 108 is twelve times the number 9, which is the number of vinyasas (movements linked to breath) in a Sun Salutation.

What are the benefits to you for taking part?

The obvious answer is that feeling of giving to a very worthy cause! And the camaraderie of working in a group. Don't forget, you can opt to work with 3 or 4 other people so that the whole group performs the 108 salutations, that way you get to support one another too. But the aim is to participate and not feel obliged to do the full 108!!!

There are also significant health benefits, including:

‘An effective way of loosening up, stretching, massaging and toning all the joints, muscles and internal organs of the body. Its versatility and application make it one of the most useful methods of inducing a healthy, vigorous and active life while, at the same time, preparing for spiritual awakening.’

‘It stimulates and balances all the systems of the body, including the endocrine, circulatory, respiratory and digestive systems. Synchronising the breath and movement ensures that the practitioner breathes as deeply and rhythmically as possible. This removes carbon dioxide from the lungs and replaces it with fresh oxygenated blood to the brain.

To conclude, surya namaskar is the ideal practice to increase awareness and bestow good health and well-being.’ *Asana, pranayama, Mudra, Bandha. Swami Satyananda Saraswati.*

So lots of benefits!!

Keep on checking the Health in Harmony website where we shall put up a video of all the modifications on offer.

We also intend to keep posting motivational training hints on there for you.

Thank you so much for your participation, it means a great deal to us and all concerned with Abbie's Fund.