

# The Yogic Capsule

## Capsule 1

Upon waking in the morning

### 1. Maha Mritjunjaya Mantra 11x

for wellbeing and health

Om tryambakam yajamahe  
Sugandhim pusthivardhanam  
Urvaarukamiva bandhanaan  
Mriyormuksheeya maamritaat

### 2. Gayatri Mantra

11x

for mental fitness

Om bhur bhuvah swaha  
Tat savitur varenyam  
Bhargo devasya dheemahi  
Dhiyo yo nah prachodayat

## Capsule 2

After rising 5 asanas to balance, vitalise and stretch the body



Tadasana  
5x



Tiriaka Tadasana  
5x each side



Kati Chakrasana  
5x each side

“Nowadays, people like to take their vitamin and mineral tablets. We like a quick fix. In the same manner 5 Yoga capsules are to be taken daily.

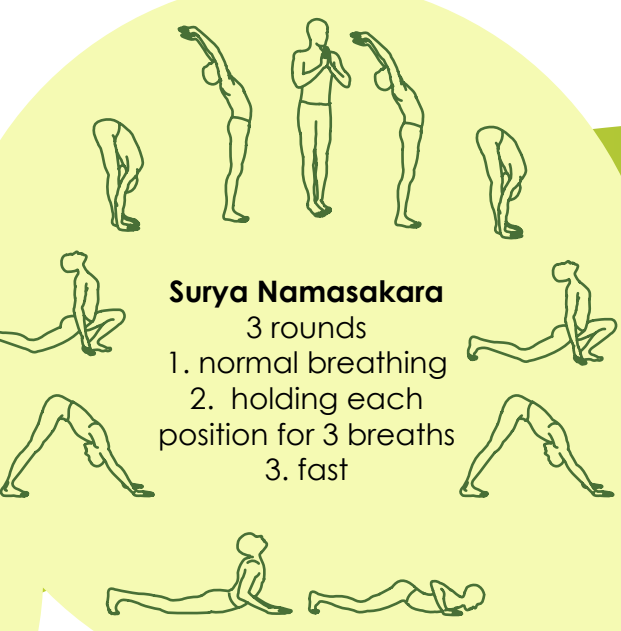
I believe that of the 24 hours in the day we can devote one hour to our development and growth. We divide that one hour in 10 minute blocks. 10 minutes of mantra chanting which you practise early in the morning after you wake up, followed by 10 minutes of asanas. Then, during the day at work, whenever you feel tired and exhausted you practise pranayama. When you come home from work you do a 10 minute ‘power nap’ to clear the mind of the impressions and stresses that have accumulated during the day before you get on with your evening activities. Before sleep you practice 10 minutes meditation to review the day and so you can go to bed in a relaxed state of mind for a better quality of sleep and a better tomorrow. For those of us who have a busy life, applying these 5 capsules will help a lot. Beyond the capsules if you want to do any extra activities in Yoga do them but maintain these 5 capsules as much as possible every day. Eventually you will win the fight against your own stresses and you will be able to experience a qualitative you.”

Health

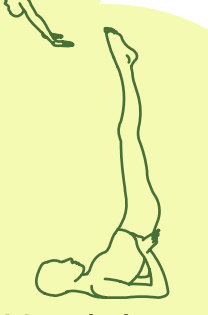
Swami Niranjanananda

## Capsule 3


Later on in the day: pranayama




**Surya Namaskara**  
3 rounds  
1. normal breathing  
2. holding each position for 3 breaths  
3. fast



**1 Inverted asana**  
if no contra-  
indications



**Brahmari**  
7x  
for tranquillity



**Nadi Shodhan**  
7 rounds  
for balance

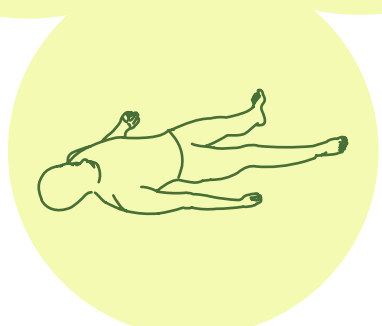
Alternate daily with  
1. **Bhastrika** for clarity of mind and vitality  
2. **Kapalbhati** for purification of circulatory and respiratory systems

## Capsule 4

IN THE LATE AFTERNOON

**'Power nap'**

- One rotation of consciousness around the body, as in yoga nidra. Take about 5 minutes to settle the body
- Have awareness either of:
- The movement of the abdomen while counting 25 breaths (this induces relaxation)
- So-Ham Mantra between navel and throat/ throat and navel (this brings clarity of mind)



## Capsule 5

Before sleeping



**Meditation**

- Practice one yama and one niyama
- Review and analyse the day mentally. Ask yourself 'What could I have done better? In an unpleasant or difficult situation, could I have handled it in a better way? How will I react if this occurs again?'

- Do these practices daily from Monday to Friday
  - On Saturday do Neti and one meditation practice – Ajapa Japa, Antar Mouna, or Kaya Sthairyam
  - On Sunday take the day off
- For detailed instructions for all practices band further information on the yogic capsule, please contact us.