

Goodbye Stress!

30 minute
YOGA ROUTINE
for
stress free day!



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Introduction

Do you remember yourself as a child? While it need not be the picture-perfect life, it would definitely have been a carefree one, with that perfect pace that always gifted your surplus time to do whatever you wanted.

Let's now come to the present. Just take a moment to pause and gaze at your life's pace. Are you still enjoying that just right pace you had been once following? No. The life, today, is too fast, with little time for you to think and ponder over what is happening. We all run after the latest trends and compare ourselves with others, only to immerse ourselves in a pot of hot boiling soup. And that is what we all call as stress.

Stress is a global epidemic. It is there everywhere, hiding in this nook and that corner and waiting for an opportunity to pounce on its next prey. It is like that bad wolf in Red Riding Hood that locked up Grandma and disguised itself in the old woman's clothes and waited for the little girl to arrive.

Stress accumulates like the hot air in the pressure cooker. The pressure, if not let out at the right time, will cause the cooker to explode. We all are like those pressure cookers. We allow the 'hot air' to keep building up, without paying heed to the fact that it is beyond manageable levels. And, the result – it explodes one day, leaving you 'crippled', draining out all the energy.

Know that you are not the lone soldier who is wagering this battle against stress. There are countless others who are fighting beside you. What is interesting here is that there are a handful of "super" warriors who have forced stress to relinquish. And, the best part is that they have done it in super simple ways.

You can also master the art of handling or even, putting stress to rest. If you are reading this book, then you are utilizing a wonderful opportunity to let go of stress and embrace peace. This book teaches you a simple 30-minute breathing and meditation routine that you could practice daily to bust stress and regain your lost balance.

In this book, I have outlined some interesting facts about stress, the importance of inner peace and inner balance, and how to bust stress and restore yourself to your natural state.

Calm your mind and get ready for a "stress-less" life right now!

Remember, life loves you!

Namaste!

Why are we stressed?

You might have already started answering this to yourself. The answers that pop up are really interesting and cute. I used the words cute and interesting here because we would be looking at the icing on the cake here while the actual cake is hidden beneath it.

I am stressed because . . .

“There is not enough money to pay the bills.”

“Doctor said I have cholesterol.”

“I don’t fit into my size 8 jeans.”

“Oh! No . . . there is a pimple on my face.”

These were just examples, but facts.

Stress about past events and the future, and we forget the present. Our mind is constantly moving one to another. And, I would say he is 100% true. We are never satisfied with what we have. We always compare. Now you would be asking so lack of money is a comparison? I would say yes. It stems from believing that there is a lack of money. Have you heard this saying like attracts like? That is what exactly happens.

We attract stress through our thoughts, words, and actions. While a certain level of stress is good for you, say leading psychologists, extreme levels can be damaging.

Studies have categorized the potential sources of stress into six major categories:

- i. Workplace
- ii. Family
- iii. Money
- iv. Relationships
- v. Modern life
- vi. Trauma and crisis

But, according to Andrew Bernstein,

“The truth is that stress doesn’t come from your boss, your kids, your spouse, traffic jams, health challenges, or other circumstances. It comes from your thoughts about your circumstances.”

Sadly, but truly, Bernstein is right. It does not arise from any circumstance. It is we who create stress.

Let me give you an example so that you would be able to understand what I mean. Let us talk about a relationship. People in romantic relationships are always under stress, till they realize that breaking point comes. Insecurity in relationships, jealousy, fear of loss, and inferiority complex are few of the factors that cause stress. When it comes to workplace, peer pressure, increased working hours, demand for better performance, and the need to please your boss can cause stress.

In both the situations, it is what you think. You think that you will lose your partner [romance]; when it comes to workplace, you consider yourself as a loser if your colleague gets a promotion, while you are not appreciated for your work.

We are always worried about what others will think about us. We care about this world's reactions while shunning our feelings. And, these thoughts fuel stress.

Stress can lead to physical symptoms including headaches, upset stomach, elevated blood pressure, chest pain and problems with sleeping. Research suggests that stress can also bring on or worsen certain symptoms or diseases. Stress also becomes harmful when people turn to alcohol, tobacco, or drugs to try to relieve their stress.

Emotional symptoms of stress include:

- Becoming easily agitated, frustrated and moody
- Feeling overwhelmed, like you are losing control or need to take control
- Having difficulty relaxing and quieting your mind
- Feeling bad about yourself (low self-esteem), lonely, worthless and depressed
- Avoiding others.

The ill-effects of stress

Stress impacts each and every aspect of your life. It hampers with your health. It damages your relationships. It obliterates your workplace performance.

Ongoing, chronic stress can cause or exacerbate many serious health problems, including:

- Mental health problems, such as depression, anxiety and personality disorders
- Cardiovascular disease, including heart disease, high blood pressure, abnormal heart rhythms, heart attacks and stroke
- Obesity and other eating disorders
- Menstrual problems
- Sexual dysfunction, such as erectile dysfunction (impotence) and premature ejaculation in men and loss of sexual desire in both men and women
- Skin and hair problems, such as acne, psoriasis, eczema and permanent hair loss
- Gastrointestinal problems, such as gastro-oesophageal reflux disease (GORD), indigestion, gastritis, irritable bowel syndrome (IBS).

Chronic stress like the kind we experience in high stress occupations actually erodes and damages critical parts of our DNA over time. This damage and erosion can increase our odds of living a shorter life span.

Stress affects your ability to remember things you already know, to process new information you are learning and to apply both to analytical situations and physical tasks that require concentration. When you are mentally exhausted from all of the worries, anxieties and tension brought on by a stressful environment or lifestyle, you are more easily distracted and prone to make costly, harmful or even fatal mistakes on the job.

The case is the same when it comes to relationships also. When you are under the attack of stress, you lose your ability to think clearly. You lose your willingness to listen to what the other person has to tell. Coupled with your complex attitudes and stress and unwanted feelings of insecurity, you suffocate the person, finally drowning the relationship into that stench of stress.

Inner peace – what is it?

The discussions about stress, its causes, and impacts leads to the talk of inner peace. What is it? Inner peace is a choice that we make. It starts at that moment when you choose to be in control of yourself and your thoughts. It is that moment you realize that the person you cared for has nothing intellectually or spiritually to offer you, but a headache. It is that moment you stop comparing yourself to others. It is the moment when you accept that love is not about losing or winning.

And, we all have this phenomenon within ourselves. It is something we all forgot as we grew up and got entangled in this world. You actually re-discover it when you realize that no one or nothing can impact you unless and until you give away your power.

The simplest and perhaps, the easiest way, according to Master teachers, to attain inner peace is to accept yourself unconditionally. Well, you would say it is easier said than done. But I would say it is actually easy. The sole thing you need to do to achieve this is to master your thoughts and emotions. We lose the peace and surrender ourselves to stress by allowing the thoughts to indulge in their unstoppable wild dance.

“I have no idea how to go about resolving the constant questions that go through my head! Asking these questions just makes my life miserable as it always leads to no answers over and over again. I can't see any light at the end of the tunnel all I see is more questions! Is it possible for people like me to find inner peace?”

This is something all of us ask ourselves. You can and you will never find inner peace if you search for it outside as it lies deep within you. You will be able to find it if and only if you are willing to let go of the thoughts and constant questions popping in your head.

The first step to gaining inner peace is to be a willing witness to your thoughts, without judging them. Just watch them come over and go. Once you are able to do this, learn to surrender the thoughts to the Higher Self or Inner Self. As you surrender and let go, seek for the guidance of that powerful Inner Wisdom to guide you through the right process.

While there will be an instant shift when you do this, regular and consistent practice will gift you the shift permanently. A permanent change will bring in that calm wave of inner peace you were yearning.

Regaining the lost inner balance

Inner balance and inner peace shares a close relationship. You lose the balance when you surrender yourself to your thoughts, allowing stress to create havoc. When you learn the art of quieting your mind by mastering your thoughts, you will slowly restore that lost balance.

Meditation and breath work are two powerful pillars to yoga that helps you in learning this art. Have you ever noticed that how shallow you breathe when you are under stress? There is hardly any oxygen supply to the brain, creating a fertile land for the release of the stress-hormone, cortisol. But a couple of rounds of deep, conscious breathing is sufficient to block out this hormone and bring your calm back.

And, that is what precisely this exercise outlined in this book is meant for.

How does the 30-minute yoga routine help you?

It is a 4 step process that would take just 30 minutes. The four pillars of this beautiful inner balance restoring process are:

- Breathing
- Meditation
- Awareness
- Consistency

Breathing: Conscious breathing efforts help in releasing the stress we have stored in our body. It also prepares you for the next level, meditation.

Meditation: It helps you understand yourself. While we practice seated meditation to ensure that we are able to realize what goes through our mind, it can be easily extended into your daily life, irrespective of what you are doing to manage and thwart stress.

Awareness: You learn to watch your thoughts without judging them. While initially it would be a little tough job to avoid judgment, you can let the mind do its job naturally without forcing it into something.

Consistency: You have to be consistent with something if you need to master it. According to experts, your body and mind takes 21 to 40 days to get accustomed to something and master the same. So, be consistent with your practice. Practice the routine around the same time daily for better and more impressive results.

4-step 30-minute stress-busting routine

Are you ready to learn the 4-step way to bust and thwart stress? Fasten your seat belts and set the engines soaring...

I. Breathing or Pranayama

This is the first step. I have outlined two yogic breathing practices here – Bhastrika [Bellows Breathing] and Nadi Shodhana [Alternate Nostril Breathing with Breath Retention]. The first technique energizes the body and clarifies the mind. The second one is more calming in nature and prepares you to move to the next step, meditation.

How to practice Bhastrika

1. Sit erect, resting your back against a wall, in a comfortable seated pose of your choice.
2. Take 5 rounds of deep inhalations and exhalations to prepare your body.
3. Exhale forcefully at the end of the 5th round and follow up with a forceful, deep inhalation.
4. Now indulge in active and forceful inhalations and exhalations.
5. With each inhalation, the diaphragm should rise and with each exhalation, the abdomen should contract.
6. The trick is to achieve a synchronization between these two muscles.

This is one round. Limit yourself to 3 rounds of 10 breaths, taking one round of relaxed breath between the rounds. You could increase the pace of your practice without compromising on the force and uniformity of your breath.

Make sure to listen to your body during the practice. Bellows breathing is a safe practice, but if you feel light-headed in any way, pause for a few minutes breathing naturally. Once you feel better, try another round of the breathing with less intensity.

How to practice Nadi Sodhana Pranayama

1. Sit down, spine erect, in a comfortable seated pose of your choice.
2. Rest your hands on your thighs, joining the index and thumb finger tips of respective hands.

3. Close your right nostril with the right thumb. Rest the index and middle fingers in the space between your eyebrows. The little finger will be stretched out, while ring finger will be used to close the left nostril.
4. Exhale completely through the left nostril.
5. Inhale via the left nostril for a count of 5.
6. Close the left nostril with your right ring finger.
7. Hold the breath for a count of 5.
8. Now, open the right nostril and exhale completely for a count of 5.
9. Inhale via the right nostril, close it, retain the breath, and exhale via the left nostril, each for a count of 5.

This completes one round. Practice 5 to 10 rounds.

The ratio 1:1 establishes a calming rhythm for the brain and heart, assisting people troubled by stress-induced conditions like cardiovascular, respiratory, and nervous disorders. It also helps in fine-tuning your mind, setting the stage for Breathing Meditation.

II. Breathing Meditation

The purpose of breathing meditation is to calm the mind and develop inner peace. We can use breathing meditations as a practice to reduce our distractions.

How to practice Breathing Meditation:

1. Sit in the traditional cross-legged posture or in any other position that is comfortable. If you wish, you can sit in a chair. The idea is to keep your back straight to prevent your mind from becoming sluggish or sleepy.
2. Inhale and exhale through nostril in measured way, equalizing the inhalation and exhalation. Start with a count of three. Inhale for a count of three, and then exhale for a count of three.
3. Attempt to breathe naturally through the nostrils, without controlling your breath. Try to become aware of the sensation of the breath as it enters and leaves your nostrils. Try to concentrate on it to the exclusion of everything else.

III. Awareness

You start practicing awareness once your focus is completely on your breathing. Your mind is sure to wander and remain busy. But the entire practice of awareness is to just become more aware of how busy your mind actually is. There will be a great temptation to follow the thoughts as they come across, but choose to focus on the sensation of the breath alone.

How to bring in awareness?

- Breathe deeply, focusing only on your in and out breaths.
- Just watch the thoughts as they come across without following them, resisting them, or pushing them away.
- Just watch the thoughts without any judgment or attachment. Do not react or respond to them. Watch them silently as they wash over your mind and vanish.

Remain in this state for about 10 to 15 minutes, experiencing that feeling of calmness and relaxation sweep over you.

You can do this at any point of time you feel stressed out. One or two minutes of conscious breathing and watching your thoughts will help you. It shifts your awareness quotient, helping you relax and unwind immediately.

IV. Consistency

Consistency is really important in triggering something important to your life. If you cannot be consistent in doing important things, you cannot be successful. Consistency is important to elevate your confidence. When you make a commitment to something and follow through, you learn to trust your intentions.

To put in the words of Benjamin Disraeli, “The secret of success is consistency of purpose.” So stick on to your practice. Rome was not built in a day. Similarly, it will take time to master this art of relaxation and peace, and restore your inner balance. But being consistent and regular would actually accentuate the pace of the practice, bringing with it some really cool miracles.

Last, but not the least...

Success is the sum of small efforts, repeated day in and day out. So, keep practicing this routine daily. Keep side 30 minutes a day for yourself. You will soon experience a drastic shift in all the aspects and realms of your life.

“It’s so simple really: If you say you’re going to do something, do it. If you start something, finish it,” said Epictetus. So start today and embrace the practice for a more balanced and peaceful you!

Take care and all the best!

Namaste!

Yours,

Vishnu Prasad

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About Vishnu



Vishnu is regarded as one of the leading # Middle east Award winning, young yoga & wellness consultants from India. Vishnu started his Yogic and Spiritual journey deeply from a very young age and was initiated into spiritual and yogic meditation practice with his first guru: Acharya Swami, Yogini Chandralekha and later on by His Holiness: Swami Mahadevanandji, Maharajah.

Yoga and wellness became his passion, Past fifteen years he dedicated himself to spread his knowledge in Yoga and wellness, continued to study further to progress his knowledge of the practice. He then received an International TTC Diploma in Yoga and Yoga Philosophy from India and now holds the title of Yoga Shiromani. Vishnu has an International ISO 9001-2000 skill quality tested Certification as well, in: Personal Training and Pilates; postgraduate Diploma from Pevonia Botanicals, Australia; Diet and Nutrition; Anatomy and Physiology; Ayurveda; Health Club Management and a Master's Degree in Reiki. Now he is also involved in helping some charitable organizations around the world.

Vishnu Prasad was the recipient of The Best Employee Awards from One&Only Kanuhura, Maldives in 2009; Shangri-La Villingili, Maldives; Hilton Waldorf Astoria, Manafaru, Maldives and Six Senses Spa, Zighy Bay, Oman and has travelled to Italy, Austria, Greece and Sri Lanka to impart his Yoga Technique. He has also influenced many positive reviews through different hospitality magazines including more recently the Gulf Times in Doha.

Another of his achievements is winning the Middle East's Best Spa Therapist Award 2011 which was held in Dubai, UAE.

Summary

Vishnu specializes in Yoga, Pilates, Ayurveda, Reiki, Holistic and Classical Massage Therapy and Personal Development Programs. He is sincerely dedicated in his coaching and in his studies and research in leading a holistic and spiritual path; provides quality instruction for all levels of wellness activities to improve everyone's health and happiness.