

# YogaLaasyam: Ayurvedic Yoga-Dance Empowerment

## USER MANUAL 1

### General DO's and DON'Ts prior to & during PRACTICE

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#### Cleanliness:

(1) Bladder and Bowels must be emptied before starting the practice.

So, do not practice the Asana right after waking up from bed.

**Reason 1:** When the bowels and bladder are not emptied, there is waste material in the body ready to come out. When you twist, turn and bend with that inside, you are running the risk of the waste going back into your system instead of coming out, thereby increasing toxins in the body, which are to be expelled.

**Reason 2:** When the waste material is inside your body, you are unclean. You feel heavy. No practice should be done when the body is unclean and heavy. When they are released out, you feel lighter and cleaner. Practices come more easily then.

So, empty the bladder and bowels before beginning the practice.

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#### Bath or Shower:

(2) Cleaning the body with water is essential before the practice.

**Reason 1:** When you have a bath or shower, both your body and your mind feel refreshed.

**Reason 2:** After you have a bath or shower, your body loosens up. So poses and Yogic exercises become easier.

- Remember, this is not a workout done just for the body.
- If desired, bathing a 2nd time after the practice is OK

**Reason 3:** It is easy to focus your mind after a bath or shower

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