



# PRESIDENCY UNIVERSITY

Presidency University Act, 2013 of the Karnataka Act No. 41 of 2013 | Established under Section 2(f) of UGC Act, 1956  
Approved by AICTE, New Delhi

## Yoga Centre



Itgalpur, Rajanakunte, Yelahanka, Bengaluru 560 064

[www.presidencyuniversity.in](http://www.presidencyuniversity.in)

*Sanna*  
REGISTRAR





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## Yoga Centre



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UNIVERSITY, Ittagallpura, Rajanakunte, Karnataka 560089



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**YOGA GUIDELINES**

**YOGA PRACTITIONER SHOULD FOLLOW THE GENERAL GUIDELINES AS UNDER, WHILE PERFORMING YOGIC PRACTICES:**

**BEFORE THE PRACTICE**

- A non-slippery surface / Yoga mat is preferable.
- In case of Chronic disease/ Pain/Cardiac problems, consult Physician /Yoga Therapist before performing Yogic Practices.
- Cleanliness of the surroundings, body and mind.
- Yogic practice should be done on an empty/light stomach.
- Bladder and bowels should be empty.
- Girls may avoid practice during menstruation or they can practice simple relaxing Yogic practices or Dhyana.

**DURING THE PRACTICE**

- The Yogic practice shall be performed slowly, in a relaxed manner, with awareness of the body and breath.
- Do not hold the breath unless specified.
- Breathing should be through nostrils unless instructed otherwise.
- Every asana should be stable, comfortable and effortless.
- Perform asana according to one's capacity.
- The asana should be maintained without any undue tension in the muscle and with a relaxed state of mind.
- It is advisable to maintain the pose for 10 seconds. It can be extended to 60 seconds with regular practice.
- Holding the posture for 10 seconds or minimum 3 breathing is optimal.
- There are contra-indications/ limitations for each Yoga practice and should always be kept in mind.

**AFTER THE PRACTICE**

- It is advised to take a bath after 20-30 minutes of Yoga practice.
- Food may be taken only after 20-30 minutes of Yoga practice.
- One should feel relaxed and comfortable after Yoga practice. If any fatigue is felt during or after Yoga practice, may please consult a Physician /Yoga Therapist.

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