

# PRANAYAM AND MEDITATION



“The answers you seek never come when the mind is busy, they come when the mind is still”

# RESEARCH ON PRANAYAM AND MEDITATION

- Potent Stress
- Activators of the parasympathetic nervous sytem
- Lower blood Pressure
- Enhances immune system function
- Increase Focus
- Reduce Stress,Depression and Anxiety

# HEALTHY PERSON

- Established in self
- Balanced DOSHAS,
- Balanced AGNI ,
- Properly formed DHATUS ,
- Proper elimination of MALAS
- Well functioning bodily processes
- Mind,soul and senses are full of bliss



# Role of Pranayam & Meditation in health promotion

- Pranayam: Tranquilizes the mind-  
patients/practitioner feels relaxed and stress  
free, beneficial in improving the lung functions
- Less anxiety and depression and increased  
feeling of hope control and self esteem

# Pranayam and Meditation

Principles :

Relax the body

Balance the breath

Calm down the mind

Brings stability

Destroys illusions, ignorance, desire and illusion

Balances the vital energy (prana)

# Benefits of Pranayam

Practicing Pranayam will have a good appetite, cheerfulness, handsome figure, good strength, courage and enthusiasm, a high standard of health, vigor and vitality and good concentration of mind

- It keeps the man balanced in all conditions
- Helps in understanding the real nature of man and relationship with community
- It manages psycho physical diseases
- It puts chain on the senses and makes body healthy
- Helps in controlling the modalities of mind
- It gives opportunity to soul to flourish
- Intellectual development is accelerated
- Will power becomes strong through its practice
- It develops feelings of national and international well being

# Benefits of meditation

- Physical Benefits

- Stimulates your parasympathetic nervous system

- Clears your mind for better quality sleep

- Improves athletic performance

- Slows the respiration for longer,deeper breaths

- Boosts the immune system by slowing the production of the stress hormone cortisol

- Mental and Emotional Benefits

- Reduces anxiety and depression

- Better decisions and improve critical thinking

- Breaks unhealthy habits

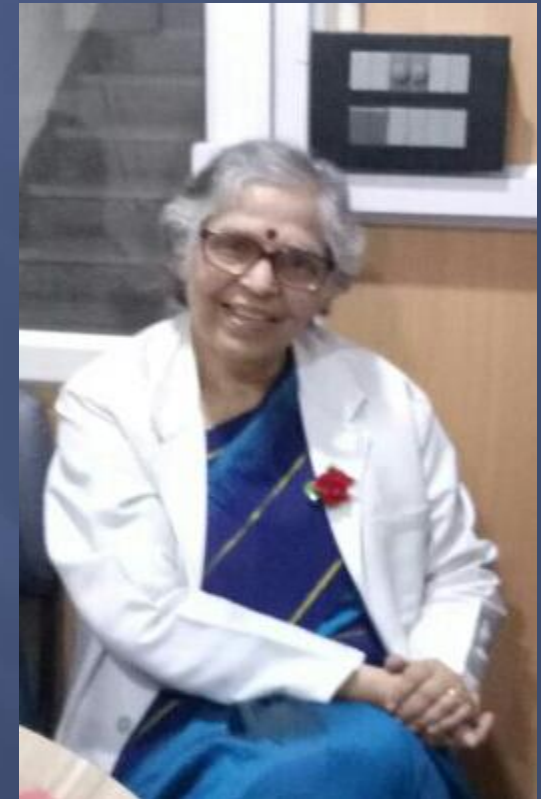
- Improves communication with oneself

- Helps you stay in the present moment

# MANAGEMENT

Talking with your doctor about your risk factors

Get serious about reducing your risk





# Adopt a healthier lifestyle

Eat a healthy diet

Maintain a healthy weight

Get moving

Manage stress

# Benefits in general of Pranayam and meditation

- Makes you happier
- Founds healthy lifestyle
- Helps you focus
- Improves your balance
- Gives your lungs room to breathe
- Releases tension in your limbs
- Helps you sleep deeper
- Boosts your immune system functionality
- Gives you peace of mind
- Increases self esteem
- Eases your pain
- Gives you inner strength
- Helps you to keep drug free
- Builds awareness for transformation
- Benefits your relationships

Quiet the mind ,and the soul will speak

-MA JAYA SATI BHAGWATI

Prayer is when you talk to god,  
Meditatio is when god talks to you.

Where there is a peace and meditaion ,there is  
neither anxiety nor doubt

-st francis

The soul always knows what to do to heal itself the  
challenge is to

SILENCE THE MIND

THANK  
YOU

SEEMA JOHARI  
Yoga therapist  
Reiki master  
Counsellor

Mobile no:+919818859444  
Email  
id:seemasadhvi01@gmail.com