

10 · Cheat sheet — whole course (3 pages)

Page 1 · Unit 1 theory at a glance

Topic	Must-write facts
Scriptures	Shruti (revealed; 4 Vedas, 108 Upanishads) · Smriti (transmitted; Itihasa, Puranas, Yoga darshana). Yoga under Smriti, compiled by Patanjali.
Patanjali	Yoga Sutras ~ 800 BC (notes) · did not found yoga, compiled · goal: samadhi · 8 limbs: Yama (social) · Niyama (personal) · Asana · Pranayama · Pratyahara · Dharana · Dhyana · Samadhi.
Guru	gu darkness, ru dispels · teacher = apara vidya, outer, world, success; guru = para vidya, inner, yourself, success + freedom.
Definitions	Union of limited and Divine Self · BG 2.48 equanimity · 2.50 discretion in work · 6.23 remover of misery · serenity · PYS 1.2 stilling fluctuations of the mind.
Myths (7)	asanas only · Hindus only · mere exercise · not challenging · learn from books · young/flexible only · old/sick can't.
History	Pre-Vedic 2700 seals · Vedic 1500 Rig-veda · Post-Vedic 1000 karma/jnana yoga · Pre-Classical 800 Patanjali, Thirumular · Classical 500 BC–800 AD Hatha · Modern 1700–1900 .
Objectives (6)	Mind control · body & breath control · harmonious living · therapy · total well-being · Kaivalyam .
Purusharthas	Dharma · Artha · Kama · Moksham (final).
Surya Namaskar	13.69 cal/round (notes) · slow = strength, fast = cardio, more = endurance · diaphragm, heart, lymph, urinary, nerve plexuses, posture, hormones, toxins, mind.
9 systems	Skeletal · Muscular · Respiratory · Circulatory · Digestive · Urinary · Genital · Endocrine · Nervous.
Nadis	72,000 ; Ida (left, moon, restful) · Pingala (right, sun, dynamic) · Sushumna (central, spiritual).
7 chakras	Muladhara (base) · Svadhistana (3 in. below navel) · Manipura (navel) · Anahata (chest) · Visuddha (throat) · Ajna (brows, pineal) · Sahasra (crown).
5 koshas	Annamaya (food) · Pranamaya (energy) · Manomaya (mind) · Vijnanamaya (wisdom) · Anandamaya (bliss) — Taittiriya Upanishad
Disease	Natural: genes, planets, chemicals/contaminants · Artificial: food (Mitaham Vitham Aharam), thought, deed · Limit: overeating, work, sleep, sex, thoughts.

Page 2 · Practicals at a glance

Practice	Breath / rounds	Top benefit	Avoid
Warm-up (14)	10/5/3 rounds	Loosen ankle→neck	—
Tadasana	inhale up, hold, exhale; 5	Balance, spine	—
Padahastasana	inhale up, exhale bend	Digestion	Back conditions
Ardha Chakrasana	exhale back, inhale up	Lungs, back pain	Hip/spine, high BP, hernia
Dandasana	hold	Posture	—
Vajrasana	hold	Digestion	Hernia , joints, foot/ankle
Marjariasana	5–10; hold 3 s	Neck/shoulder/spine	Back/neck (care)
Balasana	3–5	Backache, constipation	Very high BP , slipped disc, vertigo
Virabhadrasana-I	2–3 each leg	Strength, stamina	Knee issues
Ardha Katichakrasana	exhale side bend	Spine, hips, abdomen	Spine/abdominal
Prasarita Padahastasana	3–4 ft apart	Legs, hamstrings	Low back pain
Pawanmuktasana	3	Wind, constipation	High BP , sciatica, slipped disc
Bhujangasana	3	Back, chest, asthma	Ulcer, hernia , TB, hyperthyroid
Padmasana	hold	Calm, BP reduced	Sciatica, knees
Shavasana	natural breath	Whole-system relax	—
Jnana mudra	—	Concentration, memory	—
Sheetali	10	Cooling	Low BP , asthma, bronchitis, mucus
Yogic breathing	5–10	Oxygenation	—

HOOK **PCB** = **High BP** (Pawan, Chakra, Bala) · **V-B-C** = **Hernia** (Vajra, Bhujanga, Chakra) · **Sheetali** = **Low BP** · **T-D-S-J-Y** = no contra listed.

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Page 3 · Unit 5 at a glance + top traps

Topic	Must-write facts
Self-motivation	Ability to drive oneself to take initiative and action; inner drive; pursue because you want to, not because told.
Self-awareness	Aware of traits, behaviours, feelings; oneself becomes the focus of attention; first component of self-concept.
Karma	Intentional action (mental, physical, verbal) · thought, deed, word · cause and effect · learning and growth, not just reward/punishment · not deterministic · free will.
3 karmas	Sanchita stored/not manifested · Prarabdha ripened, current life, unavoidable · Agami/Kriyamana being created now → shapes future.
Self-actualization	Complete realization of one's potential; full development of abilities and appreciation for life; acceptance despite faults; drive to be creative.
Maslow (bottom→top)	Physiological · Safety · Belongingness & love · Esteem · Self-actualization .
SA and yoga (6)	Self-exploration · self-awareness · mind-body connection · emotional balance · transcendence · meaning and purpose.
Importance (4)	Stronger relationships · fulfilment · contribution · enjoyment/less stress. Very few people reach it.

Top traps

1. Patanjali compiled , he did not found yoga.

2. Sanchita = stored; Prarabdha = ripe/now; Agami = being created.

3. Prarabdha “unchangeable” yet karma “not deterministic” → Agami is the free part.

4. Sheetal: avoid low BP, asthma, bronchitis; Pawanmuktasana/Chakra/Balasana: avoid high BP.

5. Vajrasana: benefit vs hernia patients (prevents in healthy, avoid if present).

6. Clavicular breathing = upper chest/base of neck (notes say “entire lungs”).

7. Top of Maslow = self-actualization, not esteem.

8. Tadasana/Dandasana/Shavasana/Jnana/Yogic breathing: no contraindications listed.

9. Always write rounds and breath cycle (inhale/exhale) in every procedure.