

Session 6: 9th June 2020

The current situations, issues, and Developments on YOGA in JAPAN by Mr. Kazuaki Ohashi, Representative Director, The Yoga Organization of Japan

- Mr. Ohashi started off the session by setting the context of Yoga within Indian history by quoting religious scriptures such as the Bhagwat Geeta.
- Thereafter, the 5000 years old history of Yoga was explained in reference to different periods of Indus Civilization, Vedic periods, Upanishads etc.
- The definition of yoga and its different kinds were explained followed by the Japanese yoga history and connection with Buddhism.
- The key activities of The Yoga Organization of Japan were also briefed to the students including the Yoga Market research 2017, and coordination with Kanagawa government activities. Further, pictures from several yoga events conducted in Japan were shown to the students like with the Parliamentary league, in Buddhism temples of Kyoto, with Japan self-defense forces, Tokyo Skytree, Keio University, Waseda University etc.
- The prevalence of Yoga has been apparent in Japan in all aspects of society including sports, government, defense, beauty pageants, and even for stress management.
- In the last 30 minutes of the session, a practical Yoga lesson was provided by Ms. Akiko Kato (Part-time Yoga Lecturer). Some simple Yoga exercises were demonstrated for the students to practice. The students participated enthusiastically in the yoga sessions, by even turning their cameras on and requesting Ms. Kato to critique their movements.

A Eight Limbs of Rāja yoga (AshtangaYoga)

5. Pratyahara (withdrawal of the senses)

In the Yoga Sutra, it is the sensation (Pratyahara) in which the various sensory organs do not connect to their respective objects, and it looks like something similar to the mind element (Citta) itself" (II-54) Manomaya Kosha

4. Pranayama (Breath control)

Breathing is necessary for all cells to live
Breathing enhances brain intelligence and changes brain waves
Breathing balances nerves and hormones
Deliver oxygen to the body with an average of 15 breaths per minute
Nutrition burning work
DNA replication work
The reason for beating 70 times per minute from the heart
Toxins including carbon dioxide are released with the help of lymph.

Over 90% of human activities and actions are unconscious activities, especially autonomic nervous activities.
Your consciousness can control the area where the independence and unconsciousness are controlled by breathing

8. Samādhi (Zanmai)

A state of non-dualism,
In that state, the consciousness and the object that the consciousness is experiencing become one.
Integrating with the universe (thoughts with less enthusiasm/belief/anxiety, clear mind)

6. Dharana (concentration of thought)

Don't move your mind to one point."Dharana is to bind the heart element (Citta) to a specific object (place)." (III-1) Vigyanamaya Kosha (Richi sheath)

Mind • Unconscious area

Physical • Conscious area

Beautiful and Well Disciplined life

7. Dhyana (Meditation)

"Dyana" is transliterated into "Zena" in China, and it has become "Zen" throughout Japan. "It is Dhyana (considerable) that has a constant flow of thoughts about that object." (III-2) Vigyanamaya kosha (Richi sheath)

3. Asana (Sitting/Poses)

- Harmony with the heart & physical preparation for proper breathing
- Physical adjustment (muscle, skeleton, internal organs, blood circulation, hormones, nerves)
- Focusing on your own movements makes it easier
- By accepting the hardships of the body (tapas) and accepting the pain, we can obtain the splendor of the future
- Finding meaning not only in completing the pose but also in the process up to that point
- Pose is not only strength and flexibility, but also nerve balance
- And that pose is always accompanied by the correct breathing technique.

1. Yama: Prohibition-protect what should not be done. No violence, no lying, no stealing, no greed, chastity: the moral precepts of society

2. Niyama Exhortation– Recommended Moral.Purification, Knowing Sufficiency, Penance, Learning, Return to the Spirit: Personal Purification Regular Life