

# SHAMSHER PRAKASH FOUNDATION

(A not for profit organization)

[www.yoga10.org](http://www.yoga10.org)

## RECIPE FOR HEALTH AND HAPPINESS

### 1. WATER

Take 8 glasses/8 oz glasses of water everyday

### 2. FOOD

Add whole grain foods in your diet.

Sprout your own beans, lentils, raw peanuts and others.

Add Walnuts in your food every day.

### 3. NECTAR OF LIFE

Drink one glass of “Nectar of Life”, Triphla soaked for 12 hrs in clear water , everyday.

### 4. EXERCISE

Add 30 minutes of Pranayam and Asans in your daily routine, 2 times a day

Practice only simple Asans. End your session with dead posture (Shavasana)

### 5. BREATHING

Rhythmic breathing and holding the breath (Pranayan) in open fresh air keeps you healthy till death

Fast abdominal breathing will reduce your body mass, convert fat into muscle, purify the system and make you cheerful, tension free and congenial and induce sound sleep

Download “EVERY DAY PRANAYAM FOR EVERY BODY” from the foundation website for free.

### 6. MEDITATION

Practice meditation in a clean and calm corner of your home, preferably at the same time every day. This place will develop an atmosphere of healthy vibrations. You will become more peaceful within and without.

7. Chew Wheat grass or any grass or green leaves every day

8. Do not forget to give a wake up call to your “Hidden Power” (KUNDALINI) by appropriate exercise.

9. Do Jalaneti and half stomach wash every week

10. Do Ganesh Kriya every two weeks

11. Call us if you have any questions

**REMEMBER THERE IS NO HOLIDAY IN YOGA.**

**MAY GOD BLESS YOU!**

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