

PADMA YOGA: THE ELEMENTAL SERIES

SHOW FEATURES in the 26 episodes include:

SANSKRIT WORD OF THE DAY and translation

FEATURE POSES

MEDITATION

BREATH WORK

QUOTE OF THE DAY

GUEST

CHANT WORDS

EARTH EPISODES

Episodes 1 to 5 are focused on the EARTH element. The qualities of Earth are balance, solid support and a firm foundation. We look at how to find these in our physical body and in our life. The element Earth relates to the physical body, also known as our 'food body', the anamayakosha, in yogic terms. These episodes establish a secure foundation for yoga practice and develop balance and a sense of calmness and safety within us.

1.

SANSKRIT WORD OF THE DAY: YOGA - connecting with your True Self

FEATURE POSE: Mountain, Tree, Warrior II

MEDITATION: Sitting in stillness

BREATH: Natural Breathing

QUOTE: "Yoga means to be completely at peace with yourself. "

- Padma

2.

SANSKRIT WORD OF THE DAY: AHINSA - non-violence to any life

FEATURE POSE: Cat, Warrior I

MEDITATION and BREATH: Chanting

QUOTE: "If you speak and act with a pure thought, then happiness will follow you like a shadow." -the Buddha

Guest Singer: Joelle Lazar

OM ASATO MA SAT GAMAYA (Traditional)

Om asato ma sat gamaya

Tamaso ma jyotir gamaya

Mrityor ma amritam gamaya

*May I be lead from untruth to truth,
From darkness to light,
From death to life.*

3.

SANSKRIT WORD OF THE DAY: SATTWA - light, bright intelligence

FEATURE POSE: Child, Kneeling Warrior, Puppy

BREATH: Belly breathing

*QUOTE: " After meditation your are bound to feel the freshness
of new life, and a new zeal for working. "*

- Swami Shyam

4.

SANSKRIT WORD OF THE DAY: RAJAS - dynamism, movement

FEATURE POSE: Cat-Dog-Child flow / Body Posture

*QUOTE: " The body itself is to reveal the light that is blazing
inside your Presence. "*

- Rumi

Guest: Gary Gopal

*Yoga Psychologist Gary talks with Padma and the yoginis about
how the body posture reveals to us our unconscious emotions
and core beliefs we hold about ourselves.*

5.

SANSKRIT WORD OF THE DAY: VIPASHYANTI - observing in detail

FEATURE POSE: Sphynx, Locust

MEDITATION: Observe in detail what is

QUOTE: " To study Buddhism is to study yourself. "

- Dogen

Guest: Lesley Ewen

Practising Yogi, Lesley, appears in three episodes of the series and chats with Padma about how yoga philosophy and practice are relevant in her daily life. She gives real life examples, helping to take yoga out of the studio and into regular life.

WATER EPISODES

Episodes 6 to 10 are focused on the WATER element. The qualities of water are fluidity, change and flow. Water represents the subtle energy within us, also known as the 'breath body', the praanamayakosha, in yoga. These episodes offer practices that help to purify the subtle body and refresh your life force.

6.

SANSKRIT WORD OF THE DAY: PRAAN - life force

FEATURE POSE: Warrior II, Side Angle

BREATH: Moving breath flow / Micro orbital breath

QUOTE: " When the breath is steady, so is the mind."

- Hatha yoga pradipika

7.

SANSKRIT WORD OF THE DAY: KOSHA - subtle body, sheath

FEATURE POSE: Bridge, Reclining Twists, Half Plank

BREATH: Chanting

QUOTE: " The great sea frees me, moves me, as a strong river carries a weed." - Uvavuk, 18th C

Guest: Joelle Lazar

MAITREE KARUNA MUDITA UPAKSHAANAAM
(from Patanjali Yoga Sutras 1.33)

*Maitree karuna muditopakshaanaam
Sukh duhk punya apunya vishayaanaam
Bhaavanaatschitta prasaadanam*

*Practise friendliness, compassion, joy and equanimity,
To all beings whether they are happy, sad, good or not good,
And your mind will be blessed with light.*

8.

SANSKRIT WORD OF THE DAY: SAADHANA - spiritual practice

FEATURE POSE: Tai Chi Postures

MEDITATION: Mantra: Hamsa

BREATH: Counting breath

*QUOTE: " I dived into the great sea, and in those depths I seized
a wealth-bestowing pearl."*

- The Queen of Sheba, 1000 B.C.E.

9.

SANSKRIT WORD OF THE DAY: KARUNA - compassion

FEATURE POSE: Tibetan Rabbit, Cobra, Sunbird

MEDITATION: Allowing all

*QUOTE: " When you begin to let your heart be touched, you
begin to discover that it's bottomless, huge, vast and
limitless."*

- Pema Chodron

10.

SANSKRIT WORD OF THE DAY: SUKH - happiness

FEATURE POSE: Balancing, One Legged Car, Tortoise

MEDITATION: Meta meditation

BREATH: Humming

*QUOTE: " Deep in my looking, the last word vanished. Joyous
and silent, the waking that met me there."*

- Lal Ded, 14th C

Guest: Lesley Ewen

*Practising Yogi, Lesley, appears in three episodes of the series
and chats with Padma about how yoga philosophy and practice
are relevant in her daily life. She gives real life examples.*

FIRE EPISODES

Episodes 11 to 15 focus on the FIRE element. Fire is dynamism. It is both heat and light. Heat represents the efforts and practices we engage in yoga and meditation, and light is the brightness of intelligence that results from all these efforts. Heat is also the passions and emotions we experience in life, and light is the mind that forms perceptions of all our sensory experiences. Fire represents the manomayakosha, 'the mind body.'

11.

SANSKRIT WORD OF THE DAY: JYOTI - light, flame

FEATURE POSE: Seated Twists

MEDITATION: Looking inwardly

QUOTE: " The flame of the Self is continually burning, and fills the whole universe with love."

-Swami Shyam

12.

SANSKRIT WORD OF THE DAY: SHAKTI - power, creative manifesting

FEATURE POSE: Slow Sun Salutations

MEDITATION: Chanting

QUOTE: " Goddess, you are permeating the whole universe, and you are giving birth to all the universe."

- Traditional Laxmi Stotrum

Guest Singer: Joelle Lazar

SARVAY BHAVATU SUKHINHAHA (Traditional)

Sarvay bhavantu sukhinaha

Sarvay santu niraamayaha

Sarvay badhrani pashyant

Maakashchitt dukkh bhaga bhavayt

May all on Earth be blessed,

May all remain forever free.

We wish joy to all beings,

May they know their immortality.

13.

SANSKRIT WORD OF THE DAY: VIDYA - knowledge

FEATURE POSE: Sun Salutations

BREATH: Ujjai breathing

QUOTE: " When you find awareness within yourself, hold to that knowledge and pleasure and the Creative will be your wings."

- Yeshe Tsogyel, 8th C

14.

SANSKRIT WORD OF THE DAY: KRIYAA - action

FEATURE POSE: Restorative, Sukhasana, Pigeon, Reclining Twist

BREATH: Cooling breath

QUOTE: " The world-tree is blossoming. Two realms become one." - Hildegard of Bingen, 11th C

Guest: Ainslie Cyopik

Entrepreneur Ainslie, www.ainsliewear.com, chats with Padma about how her professional dance career evolved into a thriving dance wear business, and how yoga skills helped her to transition from the arts into business.

15.

SANSKRIT WORD OF THE DAY: SANTOSH - contentment

FEATURE POSE: Triangle, Forward folds, Standing Bow, Floor side stretches

MEDITATION: Equanimity and pause

QUOTE: " The treasure at the heart of the rose is your own heart's treasure."

- Gabriela Mistral

AIR EPISODES

Episodes 16 to 20 are the AIR element. The qualities of air include speed, intangible movement and constant change. Air relates to the intellect and the decisive power in us to discern and select our actions and thoughts. Air represents the 'intellect body', or the vigyaanamayakosha. The practices this week are for settling the unsteady mind and awakening the intellect to its higher capacities.

16.

SANSKRIT WORD OF THE DAY: AATMA - your true self

FEATURE POSE: Warrior III, Seated Forward Fold

MEDITATION: Connecting inside

BREATH: Natural breath

QUOTE: "Beyond duality forever established in light without attachment be established in your true self."

- Bhagavad Gita 2.45

17.

SANSKRIT WORD OF THE DAY: MANAS - the mind, thinking, sense perceptions

FEATURE POSE: Camel, Rabbit

MEDITATION: Chanting

QUOTE: "Cut brambles long enough, Sprout after Sprout, And the lotus will bloom Of its own accord."

-Sun Bu-er, 12th C

Guest Singer: Joelle Lazar

TRI GUNYA VISHAYAA VAYDA (from the Bhagavad Gita 2.45)

Tri gunya vishayaa vayda

Nistrigunyo bhaav arjun

Nir dwandwo, nitya sattwastho,

Nir yogshaym, aatmavaan

All knowledge is made up of the worldly elements.

You must go beyond these elements;

Beyond duality, always established in intelligence and light,

Beyond attachments, be established in your true self.

18.

SANSKRIT WORD OF THE DAY: SANASKAAR – memory

FEATURE POSE: Half Moon, Reverse Triangle

MEDITATION: Let thoughts come let thoughts go

BREATH: Bumble Bee Hum

QUOTE: " Be yourself in the present moment, always yourself, without sticking to an old self. You forget all about yourself and are refreshed."

- Shunriu Suzuki

19.

SANSKRIT WORD OF THE DAY: DHYAAN – meditation

FEATURE POSE: Moon Salutation

MEDITATION: Candle gazing

QUOTE: "Watching the moon at midnight, solitary, mid-sky, I knew myself completely , no part left out."

- Izumi Shikibu 10th C

Guest: Dr. Helene Gauchou

UBC Research Professor of Psychology, Helene, talks with Padma about the scientific research going on at the University of British Columbia regarding the brain responses and results of meditation. They discuss the usefulness of meditation research.

20.

SANSKRIT WORD OF THE DAY: VIVAYK - discernment, discriminating intelligence

FEATURE POSE: Eagle

MEDITATION: Mantra: Amaram Hum

BREATH: Kapala Bati

QUOTE: "Let nothing disturb thee, nothing affright thee; all things are passing; God never changeth."

- Teresa of Avila

SPACE EPISODES

Episodes 17 to 26 (one extra) are the SPACE element. This is the subtlest element of all, subtler even than air. Space represents the spiritual aspect in us that is not formed. This element relates to the aanandamayakosha, or the 'bliss body' we have. The practices in this week are more meditative and subtle and bring our awareness to that quality within ourselves that is the most fine, intelligent and loving.

21.

SANSKRIT WORD OF THE DAY: AAKAASH – space

FEATURE POSE: Reclining Cobbler, Floor Twists

MEDITATION: Mantra: Amaram Hum

BREATH: Bumble Bee Hum

QUOTE: "The most beautiful thing we can experience is the mysterious. It is the source of all true art and science."

- Albert Einstein

22.

SANSKRIT WORD OF THE DAY: PRAYM – love

FEATURE POSE: Side plank, Bow

MEDITATION: Chanting

QUOTE: " Love is the vision of the soul when it is permitted to gaze upon immortal beauty." - Isadora Duncan

Guest Singer: Joelle Lazar

NAINAM CHINDANTI SHASTRAARNI

(from the Bhagavad Gita 2.23)

Nainam chindanti shastraarni

Nainam dahati paavakaha

Na chainam klaydayanti aapo

Na shoshayati maarutaha

*I am not cut by weapons, nor burnt by fire,
Neither wet by water, nor blown by the wind.*

23.

SANSKRIT WORD OF THE DAY: BUDDHI – intellect

FEATURE POSE: One Legged Dog and Pigeon Sequence

MEDITATION: Savaasan

BREATH: Kapala Bati

QUOTE: "In the evening your vision widens, looks out beyond midnight."

- Nelly Sachs

Guest: Lesley Ewen

Practising Yogi, Lesley, appears in three episodes of the series and chats with Padma about how yoga philosophy and practice are relevant in her daily life. She gives real life examples, helping to take yoga out of the studio and into regular life.

24.

SANSKRIT WORD OF THE DAY: SAMAADHI - awareness of oneness

FEATURE POSE: Boat, Fish

MEDITATION: Senses Scan

BREATH: Kumbak

QUOTE: " Go, angel, and tell the news,

Go, sister, and tell the news,

Go, elder, and tell the news,

I know I gotta home at last! "

- Eva A. Jessye's grandmother 19th C

25.

SANSKRIT WORD OF THE DAY: CHAYTAN - consciousness, sentient awareness

FEATURE POSE: Rainbow, Twists

MEDITATION: Savasana

BREATH: Bandhas

QUOTE: " Wonderful! Lotus pollen wakes up in the heart's center - the bright flower is free from mud."

- Kambala Devi

26.

SANSKRIT WORD OF THE DAY: PADMA - lotus flower

FEATURE POSE: Goddess, Lotus

MEDITATION: Om Chanting

BREATH: Alternate Nostril breathing

QUOTE: " What can I do but thank you one hundred times? Your face illumines the shrine of Hayati's, constantly present and lovely."

- Bibi Hayati

The YOGINIS are:

Paulina Kee (episodes 1- 26)

Tanya Podlozniuk (episodes 1- 17)

Kalyani Cohen (episodes 18 to 23)

Correction to the show credit list: Diane Seamark and Tracy Groshak were not in the series as shown in the TV credits.

CREDITS:

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