

Beginner Morning Yogic Schedule (Brahma Muhurta se Breakfast tak) According to Yogic & Ayurvedic Wisdom

Ye routine beginners ke liye design kiya gaya hai, jo Hindu scriptures, Ayurveda aur yogic dinacharya ke principles par based hai. Iska purpose hai mind ko calm karna, body ko activate karna aur din ko clarity ke saath start karna.

1. Brahma Muhurta – Wake Up (Sunrise se 60–90 min pehle)

Ayurveda ke Ashtanga Hridayam mein likha hai:

“Brahme muhurte utthishthet swastho rakshartham ayushah”

Arth: Swasth vyakti ko apni health aur long life ke liye Brahma Muhurta mein uthna chahiye. Shuruat mein agar itna jaldi uthna mushkil lage, toh sunrise se 20–30 minute pehle uthna start karein aur dheere-dheere timing shift karein.

Uthte hi phone mat dekhein. 1–2 minute shant baith kar – Koi bhi Morning Mantra pado, 5 deep breaths lein. Isse nervous system calm hota hai.

2. Jal Paan (Hydration Ritual) – 5 minutes

Ek glass normal ya halka garam paani piyen. Yogic aur Ayurvedic tradition kehta hai ki subah paani peene se digestion activate hota hai aur toxins elimination mein help milti hai.

Agar suitable ho, toh copper vessel ka paani use kar sakte hain (optional).

3. Shauch aur Cleansing – 5–10 minutes

Natural elimination ko force na karein. Body ko routine develop karne mein time lagta hai.

Shower aur teeth cleaning. Ayurveda mein tongue cleaning ko important mana gaya hai kyunki ye digestion aur oral health dono improve karta hai.

4. Silence & Gratitude – 3 minutes

Seedhe baith kar aankhen band karein aur sirf breath observe karein.

Ye chhota sa step mind ko scattered state se centered state mein laata hai.

Aap mentally gratitude bhi express kar sakte hain — ye yogic tradition mein “sankalpa” ya intention setting ka part mana jata hai.

5. Gentle Joint Movements (Sukshma Vyayama) – 8–10 minutes

Beginners ke liye direct intense yoga start karna zaroori nahi.

Start with:

- Neck rotations
- Shoulder rotations
- Wrist and ankle rotations
- Gentle spine twists

Isse joints warm up hote hain aur injury risk kam hota hai.

6. Surya Namaskar (Beginner Version) – 10–15 minutes

Surya Namaskar ko yogic scriptures aur tradition mein body aur mind ko balance karne ke liye bahut effective mana gaya hai.

Beginners:

4–6 rounds slow pace mein karein.

Breathing par dhyaan rakhein, speed par nahi.

Benefits:

- Blood circulation improve
- Muscles activate
- Mind alert hota hai

Agar Surya Namaskar difficult lage, toh simple stretching se start karein.

7. Pranayama – 10 minutes

Yogic Scripture breath ko pradhanta dete hai.

Beginners ke liye:

- Anulom Vilom – 5-10 minutes
- Bhramari – 3-5 rounds

Benefits:

- Stress kam hota hai
- Mind calm hota hai
- Focus improve hota hai

Important: Breath ko force na karein. Slow aur natural rhythm maintain karein.

8. Meditation – 5–10 minutes

Patanjali Yoga Sutra kehta hai:

“Yoga chitta vritti nirodhah”

Arth: Yoga ka matlab hai mind ki fluctuations ko calm karna.

Simple meditation:

Seedhe baith kar breath observe karein ya ek mantra silently repeat karein.

Beginners ke liye 5 minute bhi kaafi hain. Consistency duration se zyada important hai.

9. Sunlight Exposure – 5–10 minutes

Agar sunrise ho raha ho, toh halki sunlight mein khade ho ya walk karein.

Ye body clock ko reset karta hai aur mood improve karta hai.

Ancient yogis ise Surya upasana ke roop mein dekhte the, modern science ise circadian rhythm alignment ke roop mein samajhti hai.

10. Light Movement or Short Walk – 5–10 minutes

Agar space ho, toh halki walk karein.

Isse digestion activate hota hai aur body completely awake ho jati hai.

11. Breakfast Preparation Mindset

Yogic aur Ayurvedic wisdom kehta hai:

Jab mind calm ho aur body active ho, tab food best digest hota hai.

Breakfast light aur balanced hona chahiye:

Overeating avoid karein, aur khate waqt phone use na karein.

Important Principles to Remember

1. Perfection se zyada consistency important hai.
2. 20 minute routine bhi powerful hota hai agar daily follow ho.
3. Gradually routine build karein — sab ek din mein add karne ki zaroorat nahi.

Simple Beginner Timeline Example

Wake up → Water → Cleaning → Joint movements → 4 Surya Namaskar → Pranayama → 5 min meditation → Sunlight → Breakfast

Is routine ka main goal sirf exercise nahi, balki ek **calm, focused aur disciplined state** create karna hai jisse poora din better ho.

Start small, lekin daily karein — yehi yogic wisdom ka real secret hai.

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Thank You
Pratiush Sharma