

## 「アリと葉っぱ」:

落ち葉、私を立ち止まらせ、木のことを考え、  
人生を見る、決して終わることはなく、終わり  
までコミュニケーションし、分かち合い、義務を  
果たし、結果を考えずにアリが通り過ぎます...

ランディーブ・ラクワル

# 1500年前に日本に渡ったYOGIC哲学と実践は「道」の文化を生んだ。「道」による未来創造への提案

大学院教育の理想を追求し実現するために、GGECヨーガコースの役割を再確認し、日本の将来を担うべき学生に資するための具体的提案をする小論文が、Journal of Yoga and Physiotherapy に掲載されます。

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## Opinion

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## Japanese Yoga Bridging from Past to Future: Yoga Research, Education, Health Considerations and Future Directions for Japan



Genboku Takahashi<sup>1,2</sup>, Yosuke Sakairi<sup>3</sup>, Rei Amemiya<sup>3</sup>, Mari Katsumata<sup>1</sup>, Sumei Huang<sup>4</sup> and Randeep Rakwal<sup>1,3\*</sup>

<sup>1</sup>Society for the Advancement of Yoga Education Teaching Research Culture and Practice, Tsukuba, Japan

<sup>2</sup>Zen-Yoga Institute, Nagano, Japan

<sup>3</sup>Institute of Health and Sport Sciences, University of Tsukuba, Tsukuba, Japan

<sup>4</sup>Research Student, Institute of Health and Sport Sciences, University of Tsukuba, Tsukuba, Japan

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\*Corresponding author: Randeep Rakwal, Institute of Health and Sport Sciences, University of Tsukuba, Tennodai, Tsukuba, Ibaraki, Japan

### Abstract

The idea for this perspective stems from a long practical, teaching and researching YOGA in all its dimensions (historical, cultural, and scientific) by the lead author; an early experience in India, and through the establishment of the Yoga Course as a general education (Graduate General Education Courses, GGEC) subject at University of Tsukuba, wide interactions with students, educators/researchers, and the citizens (through social innovation projects). The perspective is presented in three parts - Yoga in Japan ("Michi"), the GGEC Yoga Course, and Lifestyle, to conclude with 'What is needed in Japan Today'?

**Keywords:** Asia; Japan; Yoga; Zen; Holistic; Education

### Yoga in Japan

**Yoga and Buddhism Oneness:** Buddhism entered China in the 1<sup>st</sup> or 2<sup>nd</sup> century AD. Among them is "Ānāpānasati Sutta". The breathing method is the origin of the Tanden Kokyūho (Breathing method) that continues to modern Japan. By around the 5<sup>th</sup>-6<sup>th</sup> centuries, Chinese translations of Indian thought and cultural literature were made through Buddhism under a Chinese national project. For example, the Nirvana Sutra also has Ayurvedic discussions such as Carakasamhita, Sushrutasmhita, and Uttaratāntra. The route of Buddhism was the Silk Road. The Silk Road also crossed the cultures of Greece, Egypt, and Persia as far away as they went. What the monks who introduced Buddhism tried to learn and practice was the One "Way=Yoga" that leads to all cultural phenomena.

**Zen Culture: India-China-Japan** It begins in the first half of 6<sup>th</sup> century with the Bodhi Dharma. In the later years, he left the capital city Kanchipuram, sailing from the port of Mamallapuram or also known as Mahabalipuram (India). In the 13<sup>th</sup> century, Zen

was conveyed to Japan by Eisai, Dogen, Myouzen, and others. The lifestyle associated with Zen was passed down from monks to the samurai and towns people. Budo (martial arts), tea ceremony, flower arrangement, calligraphy, Ido (the art of medicine), etiquette, walking, posture, breathing, and so on were the result.

**Yoga in Modern and Contemporary Japan:** Early 20<sup>th</sup> century (until around 1950s), Vivekananda (and others such as Kaiten Nukariya) developed an understanding of Yoga (including Hatha Yoga) based on Zen and Buddhism. In America there was an understanding of yoga by Christian mysticism (Nobara Sekigichi). In the mid-20<sup>th</sup> to the end of the century Hatha Yoga, commonly practiced in India (Tsuruji Sahoda, (Hatha Yoga based on Zen understanding). This was followed by Enlightenment activities by publishers (Kasumigaseki Shobo, Hakuyosha, Hakuju-sha, Hirakawa shuppan, Jiyusha, Tairikushobo, Merukumaaru sha, etc.) including the dissemination of activities by people who studied Yoga in India, 20<sup>th</sup> century to present. In the 21<sup>st</sup> century

# カモミール

## クラウディア・クランツ



・ (ラテン語: Matricaria chamomilla; 英: chamomile; スロベニア語: Kamilice)

### ・ 基礎知識

カモミールは高さ60cmまで成長し、茎は非常に分枝する。葉は2回羽状に分裂し、

・ 小葉は細く糸状である。花房は円錐形で空洞があり、黄色で白い花弁に囲まれ、わずかに下向きに湾曲する。真正カモミールの花序は断面が中空で、これが他の近縁種との主な見分け方である。リングド・カモミールの花は黄色で管状。花は心地よい芳香があり、苦味がある。カモミールの花は4月下旬から5月にかけて咲く。カモミールは畑、穀物畑、耕作地、未耕作地、堤防、小道など、散布剤で過剰に処理されていない土壌であればどこでも生育する。しかし、最も一般的なのは家庭菜園である。

### ・ 昔からの知恵

古代エジプトでは、その治癒力は太陽神ラーからの贈り物として祝われていた。カモミールの花の象徴性と薬効は密接な関係にある。この植物は若返りと浄化を意味する。カモミールは平和と落ち着きを象徴し、睡眠薬によく使われる。再生と再生の象徴でもある。リングの香りがするこの花は、アロマセラピーや魔術的儀式に使われ、ネガティブなエネルギーから守ってくれる。ドイツでは、カモミールは「alles zutraut」と呼ばれている。つまり、どんなことにも対応でき、完全に信頼できるという意味である。ヨーロッパの伝統では、カモミール植物は常にその治療効果で尊重されてきた。スロバキアでは、カモミールの花を渡すときに敬意を表してお辞儀をする習慣がある。イタリア語の「カモミールティーをどうぞ」(Prenditi una camomilla)は、「落ち着いて、

冷えピルをどうぞ」というのと同じ意味である。

・ このデージーのような小さな花は、心と体への癒しのメッセージの宝庫である。カモミールの花にまつわる魔法の能力は、金運、幸運、幸福を引き寄せる力である。

### ・ 使い方

カモミールはわが国で最も古い薬用植物のひとつである。現在ではその活性物質がよく研究され、伝統的な使用法が確認されている。おそらく人々の間では、子どものおなかの痛みを和らげることでよく知られている。その主な治癒作用は、消化、皮膚、神経系の3つに分けられる。「消化:」カモミールにはいわゆる鎮痙作用があり、平滑筋を弛緩させ、胃腸管の痙攣を和らげる。「皮膚:」本当のカモミールは抗炎症作用があり、皮膚や粘膜の傷の治りを早める。そのため、抗炎症作用はあるが副作用が大きく、皮膚を薄くし、長期的にはメリットよりも問題を多く引き起こす副腎皮質ステロイド軟膏の効果的な代用品となることが多い。カモミールの湿布やクリームがさまざまな皮膚炎に役立つのはこのためだ。「神経:」カモミールはまた、古代から神経障害の緩和にも使われてきた。カモミールがストレスホルモンにどのような影響を与えるかについて研究が行われたところ、コルチゾールの分泌を抑え、体を副交感神経反応、つまりアドレナリンを伴わず、内臓の働きをよくする反応に切り替えるのを助けることがわかった。カモミールはまた、軽度および中程度のうつ病にも効果があることがわかっている。

・ 研究で証明されたカモミールの効果に加え、カモミールは民間療法でも、胆のうや膀胱の問題、生理痛の緩和、就寝時の鎮静効果、目を癒す湿布薬などとして推奨されている。

レシピ: カモミールと植物ミルクとシナモン

材料: ヘーゼルナッツまたはアーモンド25 g、水0.5 l、乾燥カモミール小さじ2またはフレッシュなカモミール小さじ3、シナモン小さじ半分。

作り方:

寝る前に飲むと落ち着き、寝つきがよくなる牛乳のレシピを紹介しよう。カモミールにもシナモンにもクマリンが含まれており、高濃度になるとイライラや頭痛を引き起こすので、確かにこのティの飲み過ぎはあまりよくない。

このレシピには、まず植物ミルクが必要だ。これは、ヘーゼルナッツやアーモンドをミキサーで挽き、厚手のチーズクロスで漉して作る。残ったナッツも使い切る。私は容器に入れて冷凍し、ビスケットを作るときに使う。植物性ミルクを沸騰させ、カモミールに注ぎ、シナモンを加えて3~5分置き、風味をまろやかにする。

カモミールを温め直してはいけないという言い伝えがあるため、30分以内に飲むことをお勧めする。

参照: <https://katjarebolj.com/kamilica/>

<https://omyouenergy.com/flower-meanings/chamomile-flowers-meaning-symbolism/>

写真: 家の前のカモミール

# 元気に朝を迎えるために

折居由加

睡眠について、ふと玄朴先生の教えが生活に溶け込んでいると感じることがありました。

私は毎日9歳になる脳性麻痺の息子と同じベッドで眠っています。

息子は起きているときにはひとりで寝がえりができますが、

眠っている時はタオルケットや布団をかけていることもあり、寝返りがうまくできず、

中途半端な体勢で眠っていることが日常です。

首が顎を上げたまま苦しそうな角度になっているパターン、

寝返りしたものの腕が抜けず体の下敷きになっているパターン、

うつ伏せで寝たくて何度もトライするもののうまくいかずもがいているパターン...

たいがいの場合、眠りが浅くなる夜中の決まった時間帯にそのようなことが起こります。

私も、息子の寝息の音や動きの違和感に気づき、頭の位置を戻し、腕を抜き、うつ伏せにし、布団をかけ直すというサポートをほぼ毎晩しています。

その日々の中でも心がけていることは、寝室にはいつもフランキンセンスのエッセンシャルオイルをティッシュに垂らして置いておくこと。フランキンセンスは息子の持病であるてんかん発作の予防になるそうで、気持ちも落ち着く香りなので愛用しています。

そして、息子の『呼吸』から状況を感じ取るよう心がけること。

ぐっすり快適な睡眠なのか、苦しい状態なのか、喉が渴いたのかなど...

言葉の話せない息子の場合、呼吸の状態は状況判断に役立ちます。

しかし、例えば息子が風邪をひき、苦しい呼吸の睡眠の日々が続くと、今度は私も夜中不安に襲われたり息苦しくなったりといわゆる『パニック発作』に陥ることがあります。

そういった時は、あわてず呼吸法。

今までの経験で、こういった時に何か楽しい想像をしようと思ってもできず、むしろ不安が増

していきます。私にとって一番効果的だと思うのが『数息法』。

隣で息子が寝ているので、私も仰向けに寝ながら声を出さず行っています。

頭の中で数を数えながら吸気よりも呼気を長くという呼吸を繰り返していると、

徐々に苦しさが軽減していき、無意識のうちに不安感から解放され身体の力が抜けていきます。

これらの心がけは全て玄朴先生からの学びの実践です。

障がいを持つ息子を育てていくにおいて、不安や心配とは長いお付き合いとなると思います。だからこそ、『付き合い方』を身につけておくことは、私自身が心身健康でいることに必要不可欠だと感じています。そして、私が元気に朝を迎えられることは、息子が元気に朝を迎えられることに通ずる、そう信じてできることを実践し、今日もこの朝が迎えられたことに感謝をしています。



トウモロコシにかぶりつき



運動会、歩行器でリレー

# ヨーガと私

COM COM

私がまだヨーガを知らない頃からインドは憧れの場所であり、そこに行けば人生観が変わり、どんな苦しみからも解放されると思っていた。

実際にそうなのかを知る前に私は病院で働くようになり、様々な人の苦しみを目の当たりにするようになりました。

死因の第一位を占める癌で、患者が体験する複雑な苦痛の事を全人的苦痛と呼びます。(身体的苦痛、精神的苦痛、社会的苦痛、スピリチュアルペイン。)

具体的な代表例をあげると、身体的苦痛とは疼痛や食欲不振、全身倦怠感など。精神的苦痛とは診断告知や治療の不確実性から生じる不安やストレス、孤独。社会的苦痛とは病と共に生きる経済的な問題や介護負担、役割の変化。スピリチュアルペインとは日常生活の維持が困難となり将来を失う

苦しみ、自立と生産性を失い他者との関係性を失う事で、必然的に生きる意味や価値を見つめ直す心の奥の深いところにある苦しみのことです。

癌に限らずどのような病においても、全人的苦痛を感じる場合があります。

全人的苦痛と向き合う人を支えるのはとても難しく、責任の重さに落ち込む日もありますが、私はヨーガに出会い困難な状況に恐怖を感じても、呼吸を整え心を落ち着ける事が出来るようになりました。

心と身体を整え個人の内なる平和とバランス、自己認識、そして個人の最高の潜在能力を引き出すヨーガの力に支えられていると思います。全人的苦痛に終わりはなく、インドを知りたい、学びたいという思いは今もなお続いています。



# 脳が忙しい時代

勝又允莉

何をするにも選択肢が多岐に亘る今の世の中は、脳は休まる暇もなく、常にフル稼働している状態だ。果たして一日のなかでどれだけ「決断」をしているのだろうか。

とある研究によれば、私達は一日に35,000回も決断をしているらしいのだ。本当にもう、自分の脳におつかれさま！ありがとう！と言いたい。どうにか回数を減らすことってできないのだろうか？約35,000の決断の中で、絶対に外せない・重要なことってどれだけあるのだろう。

例えば、スティーブ・ジョブズらのように「いつも同じ服を着る」などは、まさにどうでもいい日々の決断を放棄している典型だ。どうでもいいことは、もちろん人によって違うはずだ。

情報に受け身の姿勢で向き合うのではなく、自分が大切にしたい価値観は何なのか？何に対して時間を使いたいのか？整理してから情報と向き合うことが大切だと考える。

脳疲労を手放すには、冥想はとてもいい。冥想などと呼ばなくても、目を閉じてただそこ

に佇むだけでよい。少なくとも、視覚からの情報を受け取らずに済む。

あるいは、文字を書くのもおすすめだ。ここでいうのは単なる情報の伝達ではなく、絵を描くように、自由に筆を走らせること。

無心に自由に楽しくがポイント。

そうすると、あなたの書いた文字には今の自分が投影される。

声色と同じで文字には自分自身が現れる。隠せないのだ。

最初はぎこちないかもしれないし、うまく書こうとして力が入ってしまうかもしれない。

練習を重ね、自由に筆を走らせること自体を楽しむことができれば、冥想の境地とよく似ていてとても心地良い。

そこに時間はなくなる。

【人生は選択の連続である】とシェイクスピアは云った。500年前の人々のまいにちの決断に思いを馳せて・・・

## 文字の魂

高橋玄朴

私たちは、「呼吸法と手習い」をテーマにオンライン講座を計画しています。手で書くことの本当の楽しさを講座で体験できたいと切に願っています。

手で書いた文字には、不思議な魅力があります。このことは私たちが普段なんとなく感じていることなのですが、書を観賞することは単なる鑑賞ではなく、私たちの精神の奥深くまで揺り動かす力を持っている文字に魅入られるからではないかと思います。

和室には、床の間があります。茶室でなくても、質素な生け花と1枚の掛け軸がかかっています。掛け軸には絵が描いてあることもありますが、文字もあります。しかも、あまりにも達筆すぎて、私には全く読めない掛け軸も少なくあり

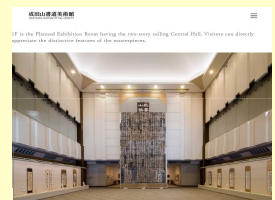
ません。

それなのにしばらくその部屋に座っていたくなります。

極論になりますが、日本文化の極致が現前しているといつていいでしょう。

—— . . . ——  
おすすめは、成田山書道美術館です。

松元頼子さんに誘われて、何回かそこでヨガをしたことがあります。「ヨガで得られる境地など、なんと浅いものだろう」思えるような体験をしました。



[https://www.naritashodo.jp/?page\\_id=5023&lang=en](https://www.naritashodo.jp/?page_id=5023&lang=en)

# 自 戒

高橋玄朴

## インスピレーション

「自分がヨーガインストラクターだ」と思っているなら、私はヨーガという美酒に酔っている証だ。

本当は、美酒を飲まないに越したことはない。しかし、私というエゴの塊は、つい飲んでしまう。

酔うなら、ほろ酔いがいいに違いない。

心も体も暖かく心地よい。

その辺でやめよう。

そして、自分が酔っていることを知っていればいい。

いずれ醒める時が来るからだ。

深酒をしてはいけない。ヨーガに酩酊してはいけないのだ。

それは飲み過ぎると気持ちが悪くなり、吐くからだ。そして、二日酔いで頭が痛いのを我慢しなければならないのだ。

深酒はやめよう。

ヨーガライフをしたいなら飲み過ぎないこと。もし深酒をしてしまったら、飲んだ量の3倍ほ

ど真水を飲んで、ヨーガという毒素を薄めよう。これこそ、本当のシャトカルマだ。

そしていつの日にか、禁酒できたとき、はじめて真実自己に目覚めることが出来るような気がする。

ヨーガという森の中に居ては、人生を知ることとは出来ない。

森の外へ出て人生の真ただ中で、人生をありのままに見詰めたとき、初めてそれが何たるかを知ることが出来る。

ただの日常を当たり前に歩んでいる中に無形の(形のない)ヨーガはにじみ出てくる。

以上は、ヴィヴェーカーナンダを読んでいてフツと頭に浮かんだことです。

『『ウパニシャッド』のあちこちで、我々はこのヴェーダ哲学がただ森の中の冥想だけの産物ではないということ、そのもっとも優れた部分は、人生の毎日の事件に没頭して多忙を極めている頭脳によって考え抜かれ、表白されたものということを発見する。』  
「ヴェーダ哲学入門」斎藤响訳、日本教文社、p56

## 玉ねぎの皮をむく

私はこの頃、玉ねぎの皮をむく練習をしている。

外側から、丁寧に一枚一枚むいていく。

これにはほかでもないまず、姿勢を正して坐ることから始めるのがいい。そして呼吸を調整したら、....。

まず、今の自分の心を支配している事柄をはっきり意識する。悩み事でも、目的でも、希望でも。

それが今の自分にとって一番外側の皮だ。

次に、この皮を剥ぎ取って見る。

するとその内側に、最初に心を支配していた事柄の原因のあったことがわかる。

このようにして、丁寧に一枚一枚、皮をむいていくと、玉ねぎの芯にたどり着く。

芯は、命を紡ぎ出している源。

いわばDNAのような何かだ。

この頃、この源が確かにあることがわかり始めた。



# 上手に生きる？ 丁寧生きる？

高橋玄朴

3種類の日本語が英語でどう表現されるのかを調べた。それには、webの2種類の自動翻訳と、3種類の紙本の日英事典を使った。

それで得た結果のうち、私が考えている本来の意味に近い英語として選んだものを以下に書いてみる。

① 丹精を込める pour one's heart and soul into

丹精 pouring one's heart and soul into

② 丁寧に行く do with care

丁寧 with care

③ 渾身を込める put your whole heart and soul into it

渾身 with all one's heart and soul

何でこんなことをしたのか。バガバッドギターの日本語訳本の中で「結果を“捨てる”」や「結果を“放棄する”」、「結果を“考えないで行う”」などと訳されている。しかし、このような訳文では自分が理解していることを説明するのに努力がいるからだ。

日本語で普通に言う「無心になって」という言葉も同じだが、みんなのヨーガ講座でも、GGECヨーガコースでも、みんなの理解が深まってくると、私の説明の矛盾に気が付く、そして鋭い質問をいただく。

つまり、

ギターでは「結果を考えないで、今すべきこと(義務、ダルマ)を行う。このことが苦しみを生み出さない第一次要件だ」という。この議論は社会が求めていることとは矛盾する。我々は、仕事でも学業でも成功をしようと思ったら努力しなければならないからだ。それで、「ギターはおかしい」と言うことになる。

その都度私は、出来るだけ分かり易く解説を繰り返しているつもりだ。でも、「これってそんなに説明が面倒な内容なのか?」と考えていた。そして思いついた言葉が「丹精」「丁寧」「渾身」である。この言葉を英語にして、分かり易い表現があれば、同じことを人類に普遍的な日常概念で説明できると思った。

「pouring one's heart and soul into」「with care」「with all one's heart and soul」がそれである。

なお、このことに私がこだわっているのは、ヴィヴェーカーナンダを読んでいて、「ヴェーダ哲学は難しい哲学ではなく、当たり前のことを素直に言葉で表現している哲学なんだ」ということを理解したからです。

参照: あなたの職務は行為そのものにある。決してその結果にはない。行為の結果を動機としてはいけない。また無為に執着してはならぬ。(バガヴァッド・ギター 上村勝彦訳、岩波文庫)

## 意志は玉ねぎの芯の叫び

師の道場で、禅・ヨーガの修行をしていた時、あまりの厳しさで何度も「逃げ出そう」と思ったことだろう。しかし、その決意が固まった時、必ず何らかの障害があり、実現しなかった。

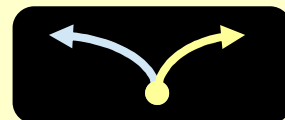
それで、いまだにヨーガという美酒を私は飲み続け、酔いがさめない。

いのちは、喜びと苦しみを、幸せと不幸と

をペアで生み出しているようだ。

それは、自我という玉ねぎの皮を生成し続けている根源的ないのちの働きのようなのだ。

絶対的な真空から粒子と反粒子がペアで生まれているという、現代物理学が語っている宇宙のようなものだ。



# ヨーガ教育・研究・実技・文化振興協会

## － 健康、伝統医学、そして幸福 －

- ✓ 今日、明日のヨーガのための教育を開発する
- ✓ 研究とコラボレーションの拡大
- ✓ 講義 - 研究論文 - 意見書 - 教科書、ニュースレターの出版
- ✓ オンラインリソースの作成 - 教育ビデオ
- ✓ アウトリーチプログラム：  
セミナー - ワークショップ - カンファレンス

2023 - Tsukuba, Japan  
Genboku Takahashi, Prof. Randeep Rakwal (TIAS2.0, TAIKU-UT)



日	曜日	時間	タイトル	アーサナ、呼吸法、坐禅
2023/7/9	日	9:00-13:00	YfA15 今ヨーガが求められる理由 1 YfA16 今ヨーガが求められる理由 2	アーサナ、呼吸法、坐禅
2023/7/23	日	14:00-15:30	呼吸法と手習い（高橋玄朴、勝又マリ） 一筆・ペン・鉛筆で書く魅力に誘われて…!	呼吸法 呼吸体操
2023/7/27	木	19:00-19:30	菊芋健康法 （菊芋の疑問全部答えます!）	
2023/8/10	木	19:00-19:30	菊芋健康法 （菊芋の疑問全部答えます!）	
2023/8/17	木	19:00-19:30	菊芋健康法 （菊芋の疑問全部答えます!）	
2023/8/26	土	9:00-13:00	YfA17 強いストレスを受けている人のヨーガ 1 YfA18 強いストレスを受けている人のヨーガ 2	アーサナ、呼吸法、坐禅
2023/8/27	日	9:00-13:00	YfA19 強いストレスを受けている人のヨーガ 3 YfA20 強いストレスを受けている人のヨーガ 4	アーサナ、呼吸法、坐禅
2023/9/9	土	9:00-13:00	YfA21 ヨーガと香り：強力なコンビネーション YfA22 大事な場面を見据えた長期トレーニング	アーサナ、呼吸法、坐禅
2023/9/10	日	9:00-13:00	YfA23 いざという時のために YfA24 健康管理は野菜とヨーガで	アーサナ、呼吸法、坐禅
2023/9/17	日	9:00-13:00	YfA25 継続のコツとは？ YfD26 東洋的身体技法の特徴 1	アーサナ、呼吸法、坐禅
2023/9/18	月（祭日）	9:00-13:00	YfD27 東洋的身体技法の特徴 2 YfD28 東洋的身体技法の特徴 3	アーサナ、呼吸法、坐禅

■ Class hours : 3 hours

- Application A – All people have an instinctive desire to “live for others.” Learn Yoga that can contribute to physical and mental health by improving the skills to achieve it.
- Application B – Learn Yoga ideas and ways of life to make the self convinced.
- A sufficient time will be spent on discussions and Q&A, and participants will deepen their understanding and build intimate relationships while expressing their thoughts. Individuals’ worries have something in common with others, and they seek solutions from the Yoga.
- Practical skills (Asana, Breathing, Meditation)
- Ashtanga (Sanskrit) will be a further material

背景-3: ソーシャルイノベーションとTYfA=ヨーガ  
BACKGROUND - 3: Social Innovation & TYfA-YOGA

2: 2021年: GGECプログラム7年目-筑波大学 GGEC\_2021\_  
【0A00605】 ヨーガコース / 2021: 7<sup>th</sup> year at the GGEC program-  
University of Tsukuba GGEC 2021 【0A00605】 YOGA COURSE

Yoga is accepted in Japan with a narrow understanding. It is hard to say that the true value of Yoga is recognized.

Developing a TEAM: coordinated by Prof. Randeep Rakwal in discussion with Genboku sensei, the TEAM YOGA-Tsukuba Yoga for All (TYfA) was created for social contribution based on GGEC education and research based Yoga course.

**Class hours : 2 hours**  
Lecture (about 30 min.)+ Asana (about 90 min.)

**7-YEARS: around  
400 STUDENTS  
(1 Credit)**

大学院生のための  
BODY&  
MINDのYOGA  
GGECコース  
(2015年設立)。

- ▶ 高レベルの研究、実験室での対人関係、および情報負荷により「日々」/「受ける」ストレスから、学生を解放します。
- ▶ バランスの取れた心と体による研究で「高い」パフォーマンスを達成します。
- ▶ 「自己」とのコミュニケーションに向けて。
- ▶ 講義と身体活動と一緒に行うことで、学際的な教育と異文化理解につながります。

- Relieve the students of 'daily' / 'accepted' stress of doing high-level research, and interpersonal relationships at laboratory, and information load.
- Achieve 'high' performance in research by balanced body & mind.
- Towards communication with 'self'.
- Leading to multi-disciplinary education and cross-cultural understanding through lectures and physical activity together.

## 1: スタート：体育での先生と出会う：玄朴ヨーガマスター

## The START : Meeting the TEACHER at TAIKU : Genboku-Yoga Master

Genboku TAKAHASHI\*, and Randeep RAKWAL.\*  
 \*Society for the Advancement of Yoga Education Teaching Research Culture and Practice – TSUKUBA TEAM YOGA – YOGA FOR ALL (TYIA)\*, \*TAIKU-University of Tsukuba

**Dr. Randeep RAKWAL, Ph.D** [plantproteomics@gmail.com](mailto:plantproteomics@gmail.com)

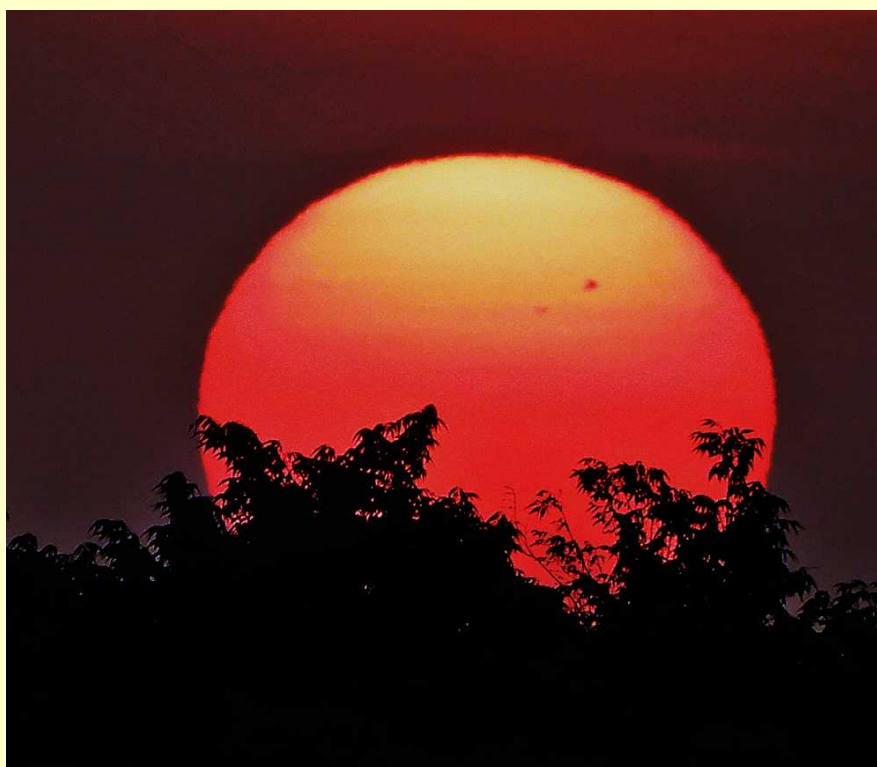
**Faculty of Health and Sport Sciences & TIAS2.0, UNIVERSITY OF TSUKUBA**

高橋玄朴 [tgenboku@gmail.com](mailto:tgenboku@gmail.com)

 0265-88-3893  090-5554-1525

ヨ一ガ教育・研究・実技・文化振興協会(TYfA)

筑波ヨーガ・マインドフルネス瞑想センター(tYMC)





## **The 'ANT and the LEAF':**

**Fallen leaf, makes me stop, thinking of the  
tree, I see life, never ending,  
communicating and sharing till its end,  
doing its DUTY, not considering the result,  
the ant passes by...**

*Randeep Rakwal*

# THE YOGIC PHILOSOPHY AND PRACTICES THAT CAME TO JAPAN 1500 YEARS AGO GAVE BIRTH TO THE CULTURE OF DO. PROPOSAL FOR FUTURE CREATION THROUGH DO.

An article reaffirming the role of GGEC Yoga Course in pursuing and realizing the ideals of graduate education and offering specific suggestions for contributing to the future of students in Japan will be published in the Journal of Yoga and Physiotherapy.

This was prepared based on slides presented at the India-Japan YOGA ACADEMIC EXCHANGE 2023 on April 22.



Journal of  
Yoga and Physiotherapy  
ISSN: 2476-1303



## Opinion

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J Yoga & Physio

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## Japanese Yoga Bridging from Past to Future: Yoga Research, Education, Health Considerations and Future Directions for Japan



Genboku Takahashi<sup>1,2</sup>, Yosuke Sakairi<sup>3</sup>, Rei Amemiya<sup>3</sup>, Mari Katsumata<sup>1</sup>, Sumei Huang<sup>4</sup> and Randeep Rakwal<sup>1,3\*</sup>

<sup>1</sup>Society for the Advancement of Yoga Education Teaching Research Culture and Practice, Tsukuba, Japan

<sup>2</sup>Zen-Yoga Institute, Nagano, Japan

<sup>3</sup>Institute of Health and Sport Sciences, University of Tsukuba, Tsukuba, Japan

<sup>4</sup>Research Student, Institute of Health and Sport Sciences, University of Tsukuba, Tsukuba, Japan

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\*Corresponding author: Randeep Rakwal, Institute of Health and Sport Sciences, University of Tsukuba, Tennodai, Tsukuba, Ibaraki, Japan

### Abstract

The idea for this perspective stems from a long practical, teaching and researching YOGA in all its dimensions (historical, cultural, and scientific) by the lead author, an early experience in India, and through the establishment of the Yoga Course as a general education (Graduate General Education Courses, GGEC) subject at University of Tsukuba, wide interactions with students, educators/researchers, and the citizens (through social innovation projects). The perspective is presented in three parts - Yoga in Japan ("Michi"), the GGEC Yoga Course, and Lifestyle, to conclude with "What is needed in Japan Today?"

**Keywords:** Asia; Japan; Yoga; Zen; Holistic; Education

### Yoga in Japan

**Yoga and Buddhism Oneness:** Buddhism entered China in the 1<sup>st</sup> or 2<sup>nd</sup> century AD. Among them is "Ānāpānasati Sutta". The breathing method is the origin of the Tanden Kokyūho (Breathing method) that continues to modern Japan. By around the 5<sup>th</sup>-6<sup>th</sup> centuries, Chinese translations of Indian thought and cultural literature were made through Buddhism under a Chinese national project. For example, the Nirvana Sutra also has Ayurvedic discussions such as Carakasamhita, Sushrutasmhita, and Uttaratanttra. The route of Buddhism was the Silk Road. The Silk Road also crossed the cultures of Greece, Egypt, and Persia as far away as they went. What the monks who introduced Buddhism tried to learn and practice was the One "Way=Yoga" that leads to all cultural phenomena.

**Zen Culture: India-China-Japan** It begins in the first half of 6<sup>th</sup> century with the Bodhi Dharma. In the later years, he left the capital city Kanchipuram, sailing from the port of Mamallapuram or also known as Mahabalipuram (India). In the 13<sup>th</sup> century, Zen

was conveyed to Japan by Eisai, Dogen, Myouzen, and others. The lifestyle associated with Zen was passed down from monks to the samurai and towns people. Budo (martial arts), tea ceremony, flower arrangement, calligraphy, Ido (the art of medicine), etiquette, walking, posture, breathing, and so on were the result.

**Yoga in Modern and Contemporary Japan:** Early 20<sup>th</sup> century (until around 1950s), Vivekananda (and others such as Kaiten Nukariya) developed an understanding of Yoga (including Hatha Yoga) based on Zen and Buddhism. In America there was an understanding of yoga by Christian mysticism (Nobara Sekigichi). In the mid-20<sup>th</sup> to the end of the century Hatha Yoga, commonly practiced in India (Tsuruji Sahoda, (Hatha Yoga based on Zen understanding). This was followed by Enlightenment activities by publishers (Kasumigaseki Shobo, Hakuyosha, Hakuju-sha, Hirakawa shuppan, Jiyusha, Tairikushobo, Merukumaaru sha, etc.) including the dissemination of activities by people who studied Yoga in India, 20<sup>th</sup> century to present. In the 21<sup>st</sup> century

# CHAMOMILE

## KRANJC KLAVDIJA



• (ラテン語: *Matricaria chamomilla*; 英: chamomile; スロベニア語: Kamilice)

### • Basic knowledge

Chamomile grows up to 60 cm tall and has a very branched stem. The leaves are twice pinnately divided and the leaflets are narrow and thread-like. The flower clusters are conical, hollow and yellow, surrounded by white petals that curve downwards slightly. The inflorescence of the true chamomile is hollow in cross-section, and this is the main way of distinguishing it from other related species. The flowers of the ringed chamomile are yellow, tubular; the flowers have a pleasant and aromatic scent and a bitter taste. Chamomile flowers in late April and May. Chamomile grows in fields, among cereals, on cultivated and uncultivated soils, on embankments, along paths, virtually on any soil that has not been over-treated with sprays. Most commonly, however, it is grown in the home garden.

### • Old wisdom

In Ancient Egypt, its healing powers were celebrated as a gift from Ra, the sun god. The symbolism and medicinal effects of the Chamomile flower go hand in hand. This plant spells rejuvenation and purification. Chamomile symbolizes peace and calmness and is often used in sleep remedies. It represents rebirth and renewal. The apple-scented flower is used in aromatherapy and magical rites and protects against negative energies. In Germany, the Chamomile plant is called 'alles zutraut,'. Meaning it is capable of anything and is completely trustworthy. In European traditions, the Chamomile plant was always respected for its curative effects. In Slovakia, there is a tradition to bow with deference when passing a Chamomile flower. The Italian phrase 'have yourself a cup of Chamomile tea' (Prenditi una camomilla) is the same as saying 'cool down and have a chill-pill'.

• This tiny daisy-like flower is a storehouse of healing messages to the mind and body. Magical abilities connected to Chamomile flowers are the power to attract money, luck, and happiness.

### • Usage

Chamomile is one of the oldest medicinal plants in our country. Its active substances are now well researched and research confirms the traditional knowledge of its use. It is probably best known among people for relieving painful tummy aches in children. Its main healing action can be divided into three parts: digestion, skin and nervous system. Chamomile has been found to have a so-called spasmolytic effect, which means that it relaxes smooth muscles and relieves spasms in the gastrointestinal tract. True chamomile is anti-inflammatory, speeding up the healing of wounds on the skin and mucous membranes, so it can often be an effective substitute for corticosteroid ointments, which are also anti-inflammatory, but have more side-effects, as well as thinning the skin and causing more problems than benefits in the long run. This is why chamomile compresses and creams are useful for a variety of dermatitis. Chamomile has also been used to relieve nervous disorders since ancient times. When research was carried out into how chamomile affects stress hormones, it was found to reduce cortisol production and help the body to switch to a more parasympathetic response, i.e. one that does not involve adrenaline and is responsible for the good functioning of the internal organs. Chamomile has also been found to help with mild and moderate depression. In addition to the effects of chamomile that have been proven in research, chamomile is also recommended by folk medicine for gall bladder and bladder problems, for the relief of menstrual pain, as a calming effect at bedtime, as a poultice to soothe the eyes, etc.

Recipe: Chamomile with plant-based milk and cinnamon

Ingredients: 25 g hazelnuts or almonds, 0,5 l water, 2 tsp dried or 3 tsp fresh chamomile, half a teaspoon of cinnamon.

Preparation:

Here's a recipe for milk that you can drink before bed, as it's soothing and improves sleep. I certainly don't overdo it with tea, as both chamomile and cinnamon contain coumarins, which in high concentrations cause irritability and headaches.

For this recipe, we first need plant milk. This is prepared by grinding some hazelnuts or almonds in a blender and then straining through thick cheesecloth. Use up the leftover nuts too. I put them in a container and freeze them, then use them up when I'm making a biscuit. Boil the vegetable milk and pour over the chamomile, add the cinnamon and leave to stand for 3-5 minutes to allow the flavours to mellow. It is recommended to drink within the next half an hour, as folklore says not to reheat chamomile.

Reference: <https://katjarebolj.com/kamilica/>

<https://omyouenergy.com/flower-meanings/chamomile-flowers-meaning-symbolism/>

Photo : Chamomile in front of my house

# GREET THE GOOD MOOD MORNING

YUKA ORII

I have something became so much part of my life from Genboku-sensei's teaching in about sleep.

I sleep with my 9-year-old cerebral palsy son in same bed.

He can turn over himself when he is awake however

he can't turn over while sleeping so he sleep half-way position is daily. The towel, blanket and futon made him even more difficult to turn over.

The pattern of chin up and neck painful angle,

The pattern of arm trapped under his torso after a turn over,

The pattern of struggles with many turn overs but he couldn't get a comfortable position...

It happens at a certain time during the night when sleep is shallow most of the time.

I notice his breathing, the sounds and movement, change his head position, pull arms out, putting on his stomach down and put a cover on him almost every night.

What I try to keep it in my mind is I drop Frankincense essential oil on the tissue every night. I like to use Frankincense because of it prevent epileptic seizures, which is my son's chronic illness, and has a calming scent as well.

I also try to observe "Breathing" of my son to feel his status.

If he sleeps well or suffering or thirsty...

It is very useful to observe breathing to make decision especially like my son who can't verbalized.

However, when my son gets sick or suffering to breath when he sleeps for few nights,

I feel anxiety all night and have "panic attack".

I take breathing exercise when it happened.

It will give you more anxiety to think something positive in this situation from my experiences. What I think the most effective is "counting breath"

I lay down next to my son and try it without out loud.

I count number in my head, inhale and extend exhale longer repeatedly, I feel less suffering and my body relaxing unconsciously.

I learn and practice this tips with Genboku-sensei.

There are worries and anxiety long way especially raising a son with disabilities. That is why "How to get along with it" is very important and needs to make myself stay healthy. I believe that if I am able to greet the morning in good mood, it will lead to my son being able to greet the morning in good mood, and I am grateful that I am able to do what I can and greet this morning.

(Translated by Yoriko Matsumoto)



Field day, Relay with walker



Bite into Corn

# YOGA AND ME COM COM

I have desire about India, if you go there the value of life transformed and you will be free from suffering before knowing anything about yoga.

I start working in a hospital before knowing this is true or not, and facing the suffering of what people has been through.

Cancer is the leading cause of death, and the complex suffering that patients experience is called holistic suffering. (physical pain, mental pain, social pain, spiritual pain, etc.)

For example, Physical pain (distress) includes pain, loss of appetite, general malaise etc. Mental pain (distress) includes anxiety, stress, and isolation caused by the uncertainty of diagnosis and treatment. Social pain (distress) includes financial problems with the disease, burden of caregiving, and changing roles of those living. Spiritual pain (distress) includes the pain of disfunction and maintain of daily

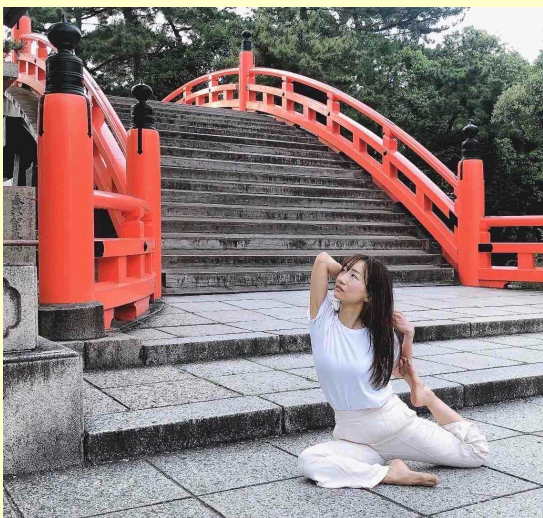
living and losing hope, loss of relationships caused by independence and productivity, which inevitably leads to a reconsider the meaning and value of life.

It would feel holistic suffering not only cancer but also any disease could cause by this.

It is very difficult to support people who are facing holistic suffering, and some days I feel depressed by the responsibility but the chance I have met yoga help me to tune my breath and calm down even the situation that I feel difficult.

I think I am supported by yoga that tunes my body and mind to create balance in and out, self-awareness and the Power of Yoga to Reveal an Individual's Highest Potential. There is no end to the holistic suffering, and the desire to know and learn about India continues to grow.

(Translated by Yoriko Matsumoto)



# HARD WORK OF OUR BRAIN

## MARI KATSUMATA

In today's world, where there are so many options for what to do, the brain has no time to rest and is always in a state of full operation. How many decisions do we make in a day?

Studies show that we make 35,000 decisions a day. I really want to say Thank you for my brain! Is it possible to reduce the number of times somehow? How many of the 35,000 decisions are absolutely essential or important?

For example, like Steve Jobs, "always wear the same clothes" is a typical example of giving up on trivial daily decisions. Of course, it should be different depending on the person.

Rather than passively facing information, what are the values that I consider important? What do I want to spend own time on? I think it is important to face the information after sorting it out.

Meditation is great for letting go of brain fatigue. We do not have to call it meditation,

just stand there with my eyes closed. At least we do not receive information from own eyes.

Alternatively, writing letters is recommended. What I mean here is not just the transmission of information, but the free movement of the brush as if drawing a picture.

The point is to have fun without worrying about it.

Then, your current self will be projected on the characters you write.

It is the same as the tone of voice, and the character itself appears.

You cannot hide it.

It may be awkward at first, and you may strain yourself to write well.

If you can practice and enjoy the process of running the brush freely, it will be very comfortable, as it is similar to the state of meditation. Time no longer exists.

【Life is a series of choices】Shakespeare said. Thinking about the daily decisions people made 500 years ago...

## Soul of Written Language

Genboku Takahashi

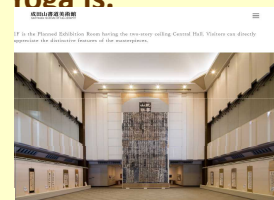
We are planning an online course on the subject of "Breathing and Handwriting." We sincerely hope that you will experience the true joy of writing by hand in the course.

Letters written by hand have a mysterious charm. This is something we usually feel somehow, but I think it is because we are fascinated by letters that have the power to move us deep into our spirit, rather than merely appreciating calligraphy.

In a Japanese-style room, there is a tokonoma (alcove). Even if it is not a Chashitsu (tea room), there is a simple Ikebana arrangement and a hanging scroll. Sometimes there are pictures on the hanging scroll, but sometimes there are words. And many of them are so well-written that I cannot read them at

all. And yet, I feel like sitting in that room for a while. It may be a bit of an extreme theory, but I would say that this is Japanese culture at its finest.

I recommend  
the NARITASAN MUSEUM OF CALLIGRAPHY.  
Yoriko Matsumoto has invited me to do Yoga there several times, and the experience made me think, "How shallow the state of mind that can be attained through Yoga is."



[https://www.naritashodo.jp/?page\\_id=5023&lang=en](https://www.naritashodo.jp/?page_id=5023&lang=en)

# SELF-ADMONITION

GENBOKU TAKAHASHI

## Inspiration

If I consider myself a Yoga instructor, it's proof that I'm addicted to the wine called Yoga.

The truth is, there is nothing better than not drinking beautiful wine.

However, I, the egoist that I am, end up drinking.

If I am going to get drunk, I must be tipsy.

Warm and comfortable in mind and body.

Let's stop just there.

And just know that I am drunk.

Because there will come a time when I will wake up.

Do not drink deeply. Do not become intoxicated by Yoga.

That is because if I drink too much, I will feel sick and throw up. And I have to put up with a hangover and a headache.

Don't drink deeply.

If I want to live a Yoga life, don't drink too much.

If I drink deeply, drink three times as much

as fresh water as I drank to dilute the toxin called Yoga.

Drinking fresh water is the real shatkarma!

And one day, when I am able to stop drinking, I feel that I will be able to awaken to my true self for the first time. I cannot know Life if I stay in the forest of Yoga.

Only when I go out of the woods and look at life as it is, in the midst of life, will I know "what it is".

The Yoga of formlessness oozes out in the midst of just going about our daily lives as a matter of course.

These are just a few things that popped into my mind when I was reading Vivekananda.

"In various Upanishads we find that this Vedanta philosophy is not the outcome of meditation in the forests only, but that the very best parts of it were thought out and expressed by brains which were busiest in the everyday affairs of life." Practical Vedanta Part I, Delivered in London, 10<sup>th</sup> November 1896, by Swami Vivekananda

## Peel the Onion

I am practicing peeling onions these days. Starting from the outside, I carefully peel them one by one.

The first and foremost way to do this is to sit in a correct Āsana. Then, once I have regulated by my respiration, I can go to....

First, let's be clearly aware of the matters that are dominating my mind right now. Whether it be worries, purpose, or hope.....

That is the outermost skin of my (ego) now.

Next, peel off this skin and look at it. Then I see that within it was the cause of the things that first ruled my mind.

In this way, I carefully peel off the skin one by one, I reach the core of the onion.

The core is the source from which life is spun.

Something like DNA.

Recently, it began to dawn on me that this source was indeed there.



# LIVE SKILLFULLY? LIVE CAREFULLY?

GENBOKU TAKAHASHI

I looked into how the three different Japanese words are expressed in English. To do this, I used two automatic translations from the web and three paper-based Japanese-English dictionaries.

Of the results I got from that, I will write below what I chose as the English that I think is closest to the original meaning I have in mind.

- ① Tansei wo komeru (丹精を込める)  
: pour one's heart and soul into  
Tansei(丹精)  
: pouring one's heart and soul into
- ② Teinei ni okonau (丁寧に言う)  
: do with care  
Teinei(丁寧) : with care
- ③ Konshin wo komeru (渾身を込める)  
: put your whole heart and soul into it  
Konshin(渾身) : with all one's heart and soul

Why did I do this? In the Japanese translation of the Bhagavad Gita, “to Suteru (捨てる, discard) the result,” “to Houki suru (放棄する, renounce) the result, to Kangaenaide okonau (考えないで行う, do without thinking) the result, etc. However, this is because such translation take effort to explain what my understand.

The same is true of the common Japanese phrase, “be Mushin (無心になつて),” but as everyone’s understanding deepens in TYfA/tYMC Yoga course and in the GGEC Yoga Course, they notice the inconsistencies of my explanations and ask

me pointed questions.

In other words,  
In the Gita, “Do what needs to be done now (duty, Dharma) without thinking of the result. This is the primary requirement that does not produce suffering”. This argument contradicts what society demands. Because whether it is work or academics, we must strive for success. So, “the Gita is wrong,” they would say.

Each time, I try to explain as clearly as possible. But then I thought to myself, “Is this really that complicated to explain?”

Then I came up with the words “Tansei,” “Teinei”, and “Konshin”. I thought that if these words were translated into English, they would be useful if they could be expressed in an easy-to-understand way.

It is “pouring one's heart and soul into” “with care” “with all one's heart and soul”.

In addition, I am sticking to this because when I read Vivekananda, I understood that Vedanta philosophy is not a difficult philosophy, but a philosophy that expresses in plain words what is natural.

Reference : You have a right to perform your prescribed duty, but you are not entitled to the fruits of action. Never consider yourself to be the cause of the results of your activities, and never be attached to not doing your duty. (Bhagavad Gita as it is, by A.C. Bhaktivedanta Swami Prabhupāda, Chapter Two -47)

## Will is the cry of an Onion Core

During my Zen Yoga practice at my Guru's Ashram, I can't tell you how many times I thought of “running away” from the Ashram because it was so demanding. However, when that decision was made, there was always some obstacle that prevented it from happening.

Therefore, I still continue to drink the beautiful wine of Yoga, and I cannot sober up.

Life seems to create joy and suffering, and

happiness and unhappiness, in pairs.

It is like the workings of the fundamental life that continues to create the Onion skin of the ego.

It is like the universe of which modern physics speaks, where particles and antiparticles are born in pairs out of an absolute vacuum.



# Society for the Advancement of Yoga Education Teaching Research Culture and Practice

– Health, Traditional Medicine, and Well-being –

- ✓ Developing Education for Tomorrow's Yoga, Today
- ✓ Expanding Research & Collaborations
- ✓ Publishing Lectures – Research Articles – Opinions – Text Books, News Letter
- ✓ Creating Online Resources - Educational Videos
- ✓ Outreach Program : Seminars – Workshops – Conferences



2023 - Tsukuba, Japan

Genboku Takahashi, Prof. Randeep Rakwal (TIAS2.0, TAIKU-U)

Day	Day of week	Time	Title.	Asana, Breathing method, Zazen
2023/7/9	Sun	9:00–13:00	YfA15 Reason why Yoga is Required Now-1 YfA16 Reason why Yoga is Required Now-2	Asana, Breathing method, Zazen
2023/7/23	Sun	14:00–15:30	Breathing Methods and Calligraphy (Genboku Takahashi, Mari Katsumata) —The Charm of writing with a brush, pen or pencil lures we in—!!	Asana, Breathing method, Zazen
2023/7/27	Thu	19:00–19:30	Kikuimo for Healthy Living (All your questions about Kikuimo answered!)	
2023/8/10	Thu	19:00–19:30	Kikuimo for Healthy Living (All your questions about Kikuimo answered!)	
2023/8/17	Thu	19:00–19:30	Kikuimo for Healthy Living (All your questions about Kikuimo answered!)	
2023/8/26	Sat	9:00:13:00	YfA17 Yoga for Those Who are Undergoing Strong Stress 1 : YfA18 Yoga for Those Who are Undergoing Strong stress2	Asana, Breathing method, Zazen
2023/8/27	Sun	9:00:13:00	YfA19 Yoga for Those Who are Undergoing Strong Stress 1 : YfA20 Yoga for Those Who are Undergoing Strong stress3	Asana, Breathing method, Zazen
2023/9/9	Sun	9:00–13:00	YfA21 Yoga and Fragrance: A Powerful Combination : YfA22 Long-Term Training Looking at Important Scenes	Asana, Breathing method, Zazen
2023/9/10	Sun	9:00–13:00	YfA23 For an Emergency : YfA24 Health Care with Vegetables and Yoga	Asana, Breathing method, Zazen
2023/9/17	Sun	9:00–13:00	YfA25 What are the Tips for Continuation? : YfD26 Characteristics of Oriental Body Technique1	Asana, Breathing method, Zazen
2023/9/18	Mon (Holiday)	9:00–13:00	YfD26 Characteristics of Oriental Body Technique2 : YfD26 Characteristics of Oriental Body Technique3	Asana, Breathing method, Zazen

■ **Class hours : 3 hours**  
Lecture+ Discussion and Q&A (60 min.) + Practical skill (120 min)

- **Lecture**
- 1. Contents similar to the Basic Yoga Course.
- 2. Application – All people have an instinctive desire to “live for others.” Learn Yoga that can contribute to physical and mental health by improving the skills to achieve it.
- 3. Application B — Learn Yoga ideas and ways of life to make the Self convinced.
- 4. Sufficient time will be spent on discussions and Q&A, and participants will deepen their understanding and build intimate relationships while expressing their opinions. Individuals’ worries have something in common with others, and they seek solutions from the Yoga.
- **Practical skills** (Asana, Breathing, Meditation)
- **Focus to (BASIC) ASANA** is a further protocol.

背景-3: ソーシャルイノベーションとTYfA=ヨーガ  
BACKGROUND - 3: Social Innovation & TYfA-YOGA

2: 2021年: GGECプログラム7年目-筑波大学 GGEC\_2021\_  
【0A00605】 ヨーガコース / 2021: 7<sup>th</sup> year at the GGEC program-  
University of Tsukuba GGEC 2021 【0A00605】 YOGA COURSE

Developing a TEAM: coordinated by Prof. Randeep Rakwal in discussion with Genboku sensei, the TEAM YOGA-Tsukuba Yoga for All (TYTA) was created for social contribution based on GGEC education and research based Yoga course.

**Class hours : 2 hours**  
Lecture (about 30 min.)+ Asana (about 90 min.)

**7-YEARS: around  
400 STUDENTS  
(1 Credit)**

大学院生のため  
のBODY&  
MINDのYOGA  
GGECコース  
(2015年設立)。

- ▶ 高レベルの研究、実験室での対人関係、および情報負荷により「日々」/「受ける」ストレスから、学生を解放します。
- ▶ バランスの取れた心と体による研究で「高い」パフォーマンスを達成します。
- ▶ 「自己」とのコミュニケーションに向けて。
- ▶ 講義と身体活動と一緒に行うことで、学際的な教育と異文化理解につながります。

- Relieve the students of 'daily' / 'accepted' stress of doing high-level research, and interpersonal relationships at laboratory, and information load.
- Achieve 'high' performance in research by balanced body & mind.
- Towards communication with 'self'.
- Leading to multi-disciplinary education and cross-cultural understanding through lectures and physical activity together.

## 1: スタート: 体育での先生と出会う: 玄朴ヨーガマスター

## The START : Meeting the TEACHER at TAIKU : Genboku-Yoga Master

Genboku TAKAHASHI\*, and Randeep RAKWAL.\*  
\*Society for the Advancement of Yoga Education Teaching Research Culture and Practice – TSUKUBA TEAM YOGA – YOGA FOR ALL (TYIA)\*, \*TAIKU-University of Tsukuba

**Dr. Randeep RAKWAL, Ph.D** [plantproteomics@gmail.com](mailto:plantproteomics@gmail.com)

**Faculty of Health and Sport Sciences & TIAS2.0, UNIVERSITY OF TSUKUBA**

高橋玄朴 [tgenboku@gmail.com](mailto:tgenboku@gmail.com)

 0265-88-3893  090-5554-1525

ヨ一力教育・研究・実技・文化振興協会(TYfA)

筑波ヨーガ・マインドフルネス瞑想センター(tYMC)

