

# Yoga

The infographic is titled "Yoga" and features the permacharts logo at the top left. The background is a dark, textured image of a person in a yoga pose. The infographic is divided into several sections:

- WHAT IS YOGA?**
  - Yoga is a discipline that combines exercise with meditation techniques, the intent is to rejuvenate the body and free the mind from stress and fatigue.
  - Yoga means unity or union, from the Sanskrit word "yuj" (to join).
  - In spiritual terms, the unity refers to the union of the individual consciousness with the universal consciousness.
  - Yoga is neither political nor religious, and can be practiced by people of all ages.
  - You do not need to be flexible, people with varying levels of flexibility enjoy yoga and achieve great improvements in their flexibility as they continue to practice.
  - Flexibility and a vegetarian diet are two components of the yoga philosophy.
  - In today's busy world, busy people are overlooking yoga for the many health benefits it provides from the deep breathing and gentle movements.
- BRANCHES OF YOGA**
  - Yoga is believed to have first appeared in India and other parts of the world over 10,000 years ago.
  - Archaeological explorations found images of Lord Shiva, the founder of yoga, and his first students, Patanjali. The images showed different postures and meditative practices.
  - There are many different branches of yoga.
  - In addition to learning yoga from books, it is greatly beneficial to attend classes, receive instructions, and determine which branch of yoga works for you.
- HEALTH BENEFITS OF YOGA**
  - Relaxes bones that build up during stressful moments.
  - Increases oxygen levels and blood supply to the entire system.
  - Boosts energy levels in each cell of the body to healthy and rejuvenated.
  - Prevents rheumatism, osteoporosis, degenerative diseases, and muscle pain naturally.
  - Strengthen the spine and bones.
  - Locks your greater control of the body and the mind.
- SAFETY TIPS**
  - DO**
    - Practice yoga in a quiet, peaceful place.
    - Follow the exercises carefully and do them through before you begin.
    - Stop if you feel any pain.
    - Keep breathing deeply to relax the body.
    - Wipe your face and comfortably stretch to keep your feet back for traction on the floor.
  - DO NOT**
    - Understand yoga if you are pregnant, suffer of suffering from any injury or medical condition before consulting your doctor.
    - Push through the movement, give yourself the time to enjoy the postures.
    - Hugger-reclined on back the knee.
    - Perform yoga on a full stomach, wait one hour after a light meal and two hours after a heavy meal.
    - Expect that you will be able to imitate the postures that you see in a book, right away. In what thoughts for your body, and in time, you will be amazed by your progress.
- POSTURES**
  - There are six main kinds of postures (asanas):
    - Asanas are not made, they result from a use of breath and muscular effort, although they appear to be set.
  - Standing postures:** improve efficiency of circulation, respiratory, and digestive systems • increase energy and flexibility • eliminate toxins.
  - Inverted postures (headstand and handstand):** Reverse the entire flow system and the body's metabolism • Rejuvenate the internal organs and clarify thinking.
  - Back postures:** Encourage deep breathing, release muscular tension in lower and upper back, and release muscular tension in neck and shoulder.
  - Forward postures:** Improve circulation and digestion • help to calm the nervous system.
  - Side postures:** Stimulate the main internal organs (liver, stomach, spleen, pancreas) and strengthen abdominal muscles.
  - Twists:** Aid digestion and help relieve back pain • improve breathing, flexibility, and circulation.
- THE SUN SEQUENCE**
  - The Sun Sequence, a salutation to you, is the first series of asanas in a traditional opening sequence of any yoga class.
  - Stand tall with your feet together and palms together, fingers pointing against your chest.
  - Inhale and stretch the arms up and back, with your neck, higher your shoulders, and stretch your head back.
  - Exhale and bend forward, bringing your hands down to the floor. Bring your head in forward your neck and keep your legs straight.
  - Inhale and extend your right leg as far back as possible, stretch your right leg to the floor.
  - Exhale and stretch your left leg back, and tighten your body to lift your right leg up.
  - Exhale and bend your knees and ankles, on your feet, look up in the air and inhale, think and you are on the floor.
  - Inhale and straighten your arms to you, lift your chest, neck, and head up into the Cobra posture.
  - Inhale and bring your right leg up, the air forming an archway with your body. Keep your hands and feet flat on the floor.
  - Inhale and bring your right foot between your hands, and look up your toes of the left leg to on the floor (keep repetition, bring your left foot forward).
  - Exhale and bring your left foot forward, head and right foot, straighten your knees and press your head to your chest.
  - Inhale and raise your arms high to the ceiling, head and neck backwards.
  - Exhale and return to the starting position.
  - Repeat the Sun Salutation again.

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