

Yoga

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Yoga

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 only 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.
- Asanas and pranayama are two components of the yoga philosophy.
- In today's busy world, busy people are embracing 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 image 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 instruction, and determine which branch of yoga works for you.

Raja	A philosophical approach with the aim of transcending your best mind.
Jwain	A philosophical and spiritual approach that integrates Shakti.
Karma	An action approach that incorporates strong action in the world.
Bhakti	A devotional approach that involves chanting, prayer, and a mantra.
Hatha	A popular branch of Raja that emphasizes postures and breath control.

HEALTH BENEFITS OF YOGA

- Relaxes tissues 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 rheumatoid arthritis, osteoarthritis, degenerative diseases, and muscle pain.
- Strengthens the spine and joints.
- Keeps your heart healthy.
- Gives you greater control of the body and the mind.

POSTURES

- There are 66 main kinds of postures (asanas).
- Asanas are not made to be strenuous or of South and require effort, although they appear to be so.
- Standing postures:** improve efficiency of circulation, respiratory, and digestive systems • increase energy and flexibility • eliminate toxins.
- Inverted postures (headstand and handstand):** balance the endocrine system and the body's metabolism • stimulate 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 shoulders.
- 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.

SAFETY TIPS

- DO**
 - Practice yoga in a quiet, well-ventilated room.
 - Follow the instructor.
 - Breathe through the nose, not through the mouth.
 - Stop if you feel any pain.
 - Keep breathing deeply to relax the body.
 - When using props and comfortable clothing, keep your feet back for traction on the floor.
- DO NOT**
 - Undertake yoga if you are pregnant, suffer of suffering from any injury or medical condition before consulting your doctor.
 - Bath through the nose, not through the mouth.
 - Hypertension on the back of 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.

THE SUN SEQUENCE

- The Sun Sequence, a salutation to you, is a traditional opening exercise of any yoga class.
- Stand tall with your feet together and palms together, fingers pointing up and placed 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 flowing in your chest, with your hands, keep your hands and feet flat on the floor.
- Inhale and bring your right foot back 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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