

Yoga

WHAT IS YOGA?

- Yoga is a discipline that combines exercises with meditation techniques, the intent is to rejuvenate the body and free the mind from stress and fatigue.
- Yoga means unity or oneness, 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 for people of all ages.
- You do not need to be flexible, people with varying levels of flexibility enjoy yoga and discover great improvements in their flexibility as they continue to practice.
- Ashtanga and a vegetarian diet 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 15,000 years ago.
- Architect of explanations 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 instruction, and determine which branch of yoga works for you.

Raja	A psychological approach with the aim of controlling your own mind.
Jwala	A philosophical and spiritual approach that integrates Shakti.
Karma	An action approach that incorporates strong service to the world.
Bhakti	A devotional approach that involves chanting, prayer, and a devotion.
Hatha	A popular branch of Raja that emphasizes postures and breath control.

HEALTH BENEFITS OF YOGA

- Relaxes limbs that built up during stressful moments.
- Increases oxygen levels and blood supply to the brain.
- Boosts energy levels in each cell.
- Helps in flexibility and movement.
- Prevents diabetes, hypertension, and muscle pain.
- Overstretches the spine and neck.
- Gives you greater control of the body and the mind.

POSTURES

- There are six main kinds of postures (asanas):
- Asanas are not made; they are a result of health and muscular effort, although they appear to be set.
- Standing postures:** improve efficiency of circulation, respiratory, and digestive systems; increase energy and flexibility; a discipline system.
- Inverted postures (shoulder and head stand):** Reverse the entire flow system and the body's metabolism; Rejuvenate the internal organs and clarify thinking.
- Back bends:** Encourage deep breathing, release muscular tension in lower and upper back, and release muscular tension in neck and shoulder.
- Forward bends:** Improve circulation and digestion; help to calm the nervous system.
- Side bends:** Stimulate the main internal organs (liver, stomach, spleen, kidneys, and adrenal glands).
- Twists:** Aid digestion and help release back pain; improve breathing, flexibility, and circulation.

SAFETY TIPS

- DO**
 - Practice yoga in a quiet, well-ventilated space.
 - Follow the instructor's instructions.
 - Begin through the movement, give yourself the time to enjoy the postures.
 - Hold if you feel any pain.
 - Keep breathing deeply.
 - Warm-up 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; as what thoughts for your body and in time, you will be amazed by your progress.
- DON'T**
 - Under-take yoga if you are pregnant, suffer or recovering from any injury or medical condition (consult your doctor).
 - Push through the movement, give yourself the time to enjoy the postures.
 - Hypertension 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; as what thoughts for your body and in time, you will be amazed by your progress.

THE SUN SEQUENCE

- The Sun Salutation, a salutation to you, is a traditional opening exercise of any yoga session.
- Stand tall with your feet together and palms together (prayer position) against your chest.
- Inhale and stretch the arms up and back, and your back, higher your buttocks, and stretch your head back.
- Exhale and bend forward, bringing your hands down to the floor. Bring your head in forward your knees and keep your legs straight.
- Inhale and extend your right leg as far back as possible, bring your right leg to the floor.
- Exhale and stretch your left leg back, and stretch your right leg back, and stretch your head back.
- Inhale and bring your right leg forward to meet your left leg, straighten your knees and press your head to your knees.
- Exhale and stretch your left leg back, and stretch your right leg back, and stretch your head back.
- Inhale and return to the starting position.
- Repeat the Sun Salutation again.

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