



REDISCOVER YOURSELF WITH YOGA





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Reasons Why You Should Try Yoga



“Yoga is a light, which once lit, will never dim. The better your practice, the brighter the flame.

- B.K.S. Iyengar”

Modern day lifestyle calls for stress, anxiety, lack of proper nutrition, which puts the body to a great distress. The body feels like a war zone when it poses a number of hurdles everyday with body ache, back pain, sleeplessness, mood swings and other mental ailments. If you want to call a truce with your body, then it is time to move your body, which will not heal but will also help you to rediscover a new body of yours! Here are top reasons why you should say YES to health and happiness with Yoga.

- Have you heard of ‘happy and calm yogis’? Studies show that doing an hour of yogic postures protects the brain from attacks of depression. The level of GABA, an amino acid, which has a vital role in determining the state of mind, is high in people who do yoga, when compared to those who do not.
- Deep breathing goes hand in hand with Yoga. The poses of yoga help your body to transit to meditation, which results in a mind that is focused, relaxed and balanced. Women who practiced yoga once a week for two years released less cytokine, a protein that makes you feel tired and moody.
- The secret of yoga makes you tune in to how the body feels and what it can do than, how it looks. Research shows that people who regularly practiced Yoga are highly satisfied with their body than those who took to aerobics.





- Say good-bye to nagging body aches, since yoga tones the muscles of the body, which eases body soreness, and keeps the aches at bay.
- Have sounder nights waking up to a fresh start every day with relaxing yogic postures that stretch different body parts releasing the tension. This gives a calming effect for a good night's sleep.

Common Types/Styles of Yoga

There are different types of yoga that are practiced today. It is essential for you to find a yoga type that fulfills your needs. Here are five common styles of yoga –



Hatha: This type of yoga focuses on gentle and slow paced postures. This is ideal for beginners which has basic postures and relaxation techniques. It alleviates stress, improves breathing and flexes all the muscles of the body.

Vinyasa: The main purpose of this yoga focuses on combining movement of the body with breath. It helps to build and tone muscles of the body, lowers the risk of cardiovascular diseases, type 2 diabetes and high blood pressure. This suits people who want to strengthen their body.



Ashtanga: This fast-paced yoga mainly has lunges and push-ups. It is beneficial in reducing stress, aids weight loss and improves coordination. This fits those people who want to maintain strength and stamina of the body.



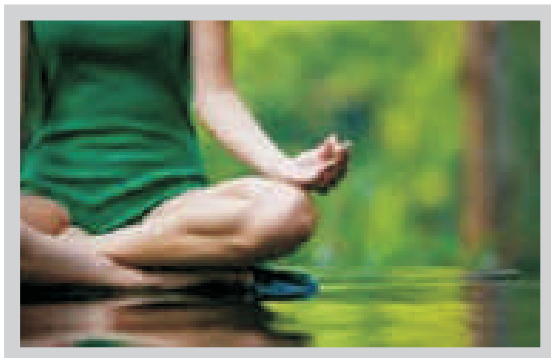


Iyengar: The postures of Iyengar Yoga focus on body alignment. Props such as blankets, straps, and blocks are used to invigorate the body. Practicing this yoga aids in improving body balance, alignment, builds body strength and helps a quick body recovery from an injury. This is ideal for people who have problems with body alignment.

Bikram: Also known as, the 'hot yoga', Bikram Yoga is practiced in a room that has a room temperature of 100 degrees. The series of postures aims to stretch all the muscles. This cleanses the body, helps speedy recovery from injury, and increases body flexibility. This yoga is good for advanced yogis who want greater challenges.



Yoga for Beginners



When and where to practice

You can derive the maximum benefits of Yoga if you practice it every day. Daily practice of at least 10 to 15 minutes every day, builds concentration, improves coordination, increases flexibility and overall body and mental strength. Though Yoga is a safe form of exercise, people with medical conditions must check with their doctor before practicing yoga.

Practice when your body is alert and flexible in the mornings with an empty stomach. Doing Yoga at night could limit you from doing certain postures since they can stimulate the system, which can affect your sleep. Avoid doing yoga immediately after a meal. You need three to four hours before you can start the practice session. You can achieve long-lasting benefits if you set aside to practice at least 3 to 4 yoga postures every day. An ideal session of yoga takes about 20 to 25 minutes since there is a series of postures and breathing exercises that is incorporated into the regime.





You can practice Yoga indoor or outdoor. At home, you need enough space to stretch in all directions. It is preferable that you use an exercise or yoga mat for the practice. You may also require a small pillow, blanket, cushion and other props that can assist you do certain postures when your body is not too flexible. Select a shady cool place if you choose to practice yoga outdoors.



How and what to practice

It is preferable to practice yoga in comfortable clothing. Bare feet are ideal as it gives the body traction for the standing poses. Feet without shoes exercises and strengthens your feet.

It is important to acknowledge your body's strengths and weaknesses before you begin the practice of yoga.

The progress may seem to be slower, but over time, with regular practice, the body becomes more flexible. Yoga has various postures that utilize all parts of the body to achieve a healthy balance. Remember to exercise the muscles of both sides of the body with forward bends and backward bends.

Begin the practice session with warm up postures and breathing exercises. Downward facing dog, Sun salutation exercises are an excellent way to stretch your spine, arms and legs. You can then move to more demanding postures that increase the body endurance. Backbend, inverted and standing poses are few strenuous poses that give a good workout to the body. Whenever you feel tired or exhausted, you can practice sitting, supine or forward bend poses for relaxation before you can resume with the regimen. An ideal yoga routine should consist of all postures that make use of all the body muscles.

Breathing is one of the important aspects of Yoga. Deep breathing flushes out the toxins and cleanses the body helping the mind to focus on the task. You must fill in your diaphragm with air slowly when you breathe through your nose and exhale air slowly through the nose. Slow and conscious breathing pumps in more oxygen that your body requires. While all upward/ expanding postures generally need inhalations, downward /contracting postures need exhalation. There are also exceptions to the breathing rule for few postures.

It is vital to use five to ten minutes of relaxation before concluding the practice session. Deep breathing with Corpse pose heals and renews the body and mind after a good workout.










Beginner Yoga Poses


As a beginner, you can include standing, seated, sun salutation, supine and prone poses to your yoga regime.

Few Standing Poses






Pose	Benefits	Image
Mountain (Tadasana)	Improves posture, endurance and stamina	
Moon (Arda Chandrasana)	Stretches sides of the body, massages liver and spleen	
Triangle (Trikonasana)	Flexes hips, shoulders and legs. Stretches muscles, good relief for back aches and strengthens neck	
Tree (Vrksasana)	Improves body balance, concentration, poise, flexibility in body-joints	
Warrior I (Virabhadrasana)	Boosts concentration, body balance and beneficial for immune system	





<p>Warrior II (Virabhadrasana II)</p>	<p>Stimulates all parts of body; stretches leg and ankle muscles, opens chest and groin area. Improves stamina and strength</p>	
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Few Seated Poses

Pose	Benefits	Image
<p>Cross Leg (Sukhasana)</p>	<p>Good for pelvic organs, groin, hip and ankle joints. Improves body posture.</p>	
<p>Spinal Twist (Ardhamatsyendraasana)</p>	<p>Increases spinal strength, decreases backache, hip pain, and abdomen size. Good for spleen, liver and intestines and joints.</p>	
<p>Butterfly (Purna Titli Asana)</p>	<p>Stretches groin, inner thigh muscles. Tones pelvic, urinary organs and opens up joints.</p>	
<p>Bent knee forward bend (Janu Sirsasana)</p>	<p>Good for hamstring muscles, abdominal organs, lower back and spine.</p>	
<p>Boat (Paripurna Navasana)</p>	<p>Beneficial for knees, thighs and abdomen and improves stamina.</p>	









Sun Salutation


Pose	Benefits	Image
Sun Salutation (Suryanamaskar)	Massages, flushes out toxins and stimulates all the organs of the human body.	

Prone Poses





Pose	Benefits	Image
Cat (Bidalasana)	Stretches spine, beneficial for constipation, tones pelvic organs, abdominal muscles and increases spinal flexibility	
Downward dog (Adho Mukha Svanasana)	Good for back, hamstrings, arms, legs and shoulders.	
Plank(Uttihita Chaturanga)	Beneficial for arms, chest, legs and shoulders	
Cobra (Bhujangasana)	Strengthens upper back, shoulders and spine and increases flexibility.	





Child (Balasana)	Stretches spine, tones buttocks, increases blood circulation to head and face, stimulates pituitary gland	
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Supine Poses

Pose	Benefits	Image
Reclining Butterfly (Supta Baddha Konasana)	Strengthens thighs, hips and groin.	
Bridge (Setu Bandha Sarvangasana)	Good for kidneys, pelvic organs, thyroid glands. Relieves back ache, strengthens leg and back muscles. Increases spinal flexibility	
Corpse (Shavasana) Dandasana)	Relaxes the whole body. Very beneficial for stress.	
Knee Hug (Apanasana)	Stretches and relaxes back, beneficial for digestion.	





Yogic Diet



Yoga recommends a vegetarian diet because these are high in nutrition and is easily digested by the body. Compared to people who consumed meat, people who followed a vegetarian diet has a reduced risk for cardiovascular diseases, cancer, stroke and kidney ailments. Studies show that a vegetarian diet does provide all the essential nutrients that a body needs for good health.

Yogic diet essentially includes whole wheat bread, dairy, dairy products, fresh fruits, vegetables, cereals, pulses, honey, legumes, fresh fruit juices, sprouts, seeds, nuts and herbal teas.

Simple Yoga Routine

Yoga connects your body and mind with a series of poses. It increases endurance, flexibility, builds strength and reduces stress.

1. Sit in an easy pose (Sukhasana) with your legs comfortably crossed. Gently close your eyes and be aware of your breathing pattern. Slowly lengthen each inhalation and exhalation of each breath. Chant "Aum" three times and continue to sit with your eyes closed for about three to five minutes.
2. Proceed to practice deep breathing exercise or Kapalbhati for about five minutes, with your eyes closed.
3. Warm up poses can include spinal-twist, butterfly and bent knee forward bend poses.
4. Move on to core strengthening yoga poses such as downward dog, plank, cobra and boat pose.
5. Stay in a position for two minutes each before you change the posture.
6. Lie down in Shavasana or Corpse position for about two minutes.





7. Later, proceed to do three rounds of Surya Namaskar.
8. Lie down in Shavasana or corpse pose for about two minutes
9. Continue in the lying position and do reclining butterfly, bridge, knee hug pose.
10. Lie down in Shavasana or corpse position for about two minutes to end the yoga session!

So, go ahead experience the healing techniques that Yoga offers.
Rediscover yourself with Yoga!

You may also wish to read other interesting articles/threads on Yoga:

Why Yoga is better than going to the Gym

<http://www.indusladies.com/forums/keep-fit-and-maintain-shape/181350-8-reasons-why-yoga-beats.html>

Suryanamaskar for Weight Loss

<http://www.indusladies.com/article/338/>

All About Yoga

<http://www.indusladies.com/forums/keep-fit-and-maintain-shape/1867-yoga-you-all-about-yoga.html>

Yoga and its Benefits

<http://www.indusladies.com/forums/keep-fit-and-maintain-shape/172980-yoga-and-its-benefits.html>

Which Style of Yoga is Best for You

<http://www.indusladies.com/article/469/Which-Style-of-Yoga-is-Best-for-You>

