

Importance of Yoga

Yoga is a very pure and old means of exercise which has been developed and practiced from over thousands of years in Ancient India. It is an exercise that is performed by balancing the elements of our body. It also helps in the relaxation of mind, body and soul. Yoga is practiced by people all over the world. It is very beneficial for blood circulation and curing heart problems. Yoga also encourages positive, fit and a healthy lifestyle for the physical, mental and emotional health of children. Yoga should be practiced by everyone on daily basis. Yoga is the best form of exercise to keep our mind calm and stress free.

Yoga improves body posture and increases flexibility in our body. It is an ancient art that connects our mind, body and soul. It also enhances our mental health, spirituality and physical fitness. It makes our body active, happy and relaxed. It protects our body from all kinds of stress and diseases. It boosts our immune system. Yoga teaches us to be disciplined and dedicated in our life. It makes us strong mentally and physically. It enhances our stamina and keeps our mind calm.

Yoga brings joy to our life. It teaches us to live a happy, calm and stress free life. The main role/purpose of yoga is to make everyone physically and mentally fit. Yoga improves quality of our life. Yoga supports stress management, mental health, mindfulness, healthy and balanced diet, weight loss and proper sleep. Yoga has helped to cure a wide range of mental

and physical health problems among teens, adults and children. Yoga also helps to cure depression.

Yoga Asana/pose is a body posture which benefits both mind and body. Practice of yoga asana helps an individual to control his/her mind, body and soul.

Types and its benefits

→ Easy pose helps to reduce stress, anxiety and mental tiredness.

→ Mountain pose helps in reducing leg pain, strengthening leg muscles and increasing the height of children.

→ Bow pose cures stomach pain and reduces obesity. It also increases the breathing process.

→ Triangular pose gives relief to acidity, indigestion and back pain. It also improves the posture of the body and flexibility of the spine.

→ Twisted pose helps in reducing belly fat and strengthens neck muscles. It also improves digestion by regulating digestive juices.

→ Headstand helps in improving blood circulation, concentration and memory. It also gives strength to the respiratory system.

→ Yoga Squat pose helps in stretching and strengthening the lower back. It also helps in toning the belly area.

