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Vidyalaya

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YOGA- OVERVIEW, TIPS & TRENDS

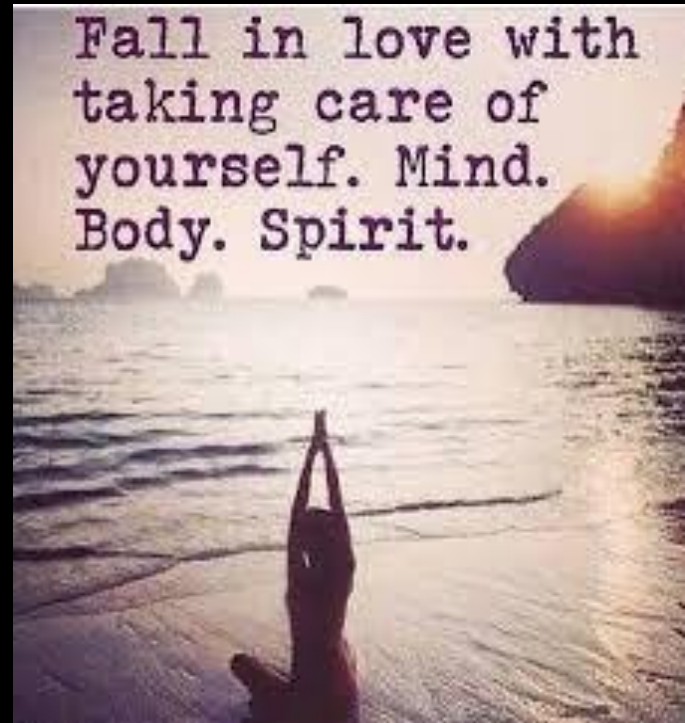


INTRODUCING YOGA

The word “yoga” essentially means, “that which brings you to reality.”

Yoga is a form of exercise that began in India in ancient times. It is designed to bring together the body, mind, and the spirit. Yoga is actually practiced as part of the Hindu faith in order to reach higher spiritual awareness, but also found in many other religions. Yoga is an old discipline from India. It both spiritual and physical. Yoga uses breathing techniques, exercise, meditation. It helps to improve health and happiness.

Fall in love with
taking care of
yourself. Mind.
Body. Spirit.



HISTORY OF YOGA

The exact history and origins of yoga is uncertain; however, there are pieces that have been connected that allow us to make some conclusions that it had originated in India.

One of the earliest writings on yoga was found two millennia ago in a book known as *Yoga Sutra*, which was written by Indian sage Patanjali.

In *Yoga Sutra*, Patanjali helps you understand why we suffer and shows how through yoga, you can seek happiness and freedom.



HISTORY OF YOGA



Patanjali described yoga as an interconnection of eight limbs, or aspects of a whole. He believed that practicing these limbs would lead to progressively higher stages of spirituality and well-being.

The eight limbs are:

- Yama - principles of ahimsa, satya, asteya, brahmacharya and aparigraha.
- Niyama – personal discipline including shoucha, santosh, tapa, svadhyaya, Ishwar pranidhan.
- Asana – yoga positions
- Pranayam – breathing exercises
- Pratyahara – withdrawal of senses
- Dharana – concentration
- Dhyana – meditation
- Samadhi – salvation

These eight limbs in *Yoga Sutra* were taught for many years and are still being taught to this day.

TYPES OF YOGA

There are many different types of yoga, all of which contain Patanjali's teachings.

HATHA: refers to a practice that combines poses, or asanas, with breathing techniques

Meant for beginners
Develops flexibility and balance
Focuses on breathing
Relaxing and restorative

VINYASA: Faster paced, requires you to move continuously throughout the class.

Most common
Flowing series of lunging, bending, and stretching
Involves standing and seated poses
Develop strength, flexibility, and balance
Best for weight loss



TYPES OF YOGA

IYENGAR: Meant for anyone with neck or back problems.

Emphasizes proper alignment to strengthen the muscles and support the joints

You use props, like blocks, straps, or blankets to help you get into poses

- You'll do standing moves, seated moves, twisting moves, and backbends.



TYPES OF YOGA



BIKRAM: "Hot Yoga." The heat loosens your muscles, increasing your ability to stretch.

Room is kept at 105 degrees, with a 40 percent humidity level
Rapid inhaling and exhaling
Includes a series of 26 poses done twice in a 90 minute class

KUNDALINI: A more spiritual experience

Calming mind and energizing body through movement, the chanting of mantras, and breathing.

Average session: 50% exercise, 20% breath work, 20% meditation, and 10% relaxation.

Goal: to release the energy that kundalini believes is stored at the base of the spine.



TYPES OF YOGA


ASHTANGA: Most advanced type of yoga.

Very physically challenging

Requires strength and endurance

You execute about 70 poses in a 90 minute session





AIMS

- FLEXIBILITY
- STRESS REDUCTION
- OVERALL HEALTH

FLEXIBILITY



For many of us, gone are the days where bending down to touch our toes was a snap. As a kid, we could tumble, jump, roll, reach, and spin like it was second nature. As we grow older the flexibility of youth stretches further and further away. Being flexible is an important ability to have for a few different reasons. Flexibility can help prevent injury, improve coordination, and with regular yoga practice, your flexibility can also help remove the lactic acid from your bones – the primary cause of those nagging aches you feel in the morning.

STRESS REDUCTION



Practicing yoga on a regular basis has long been proven to have a positive impact on how you handle stress. With yoga, different types can help your body cope with different kinds of outside stressors. Meditation can keep you focused on the positives of life, give you a greater understanding of how to deal with current stress, and put your overall world into perspective. Breathing exercises can help you find a perfect balance between stress and understanding. Learning how to calm your mind and body can lead to a reduction in stress – or at least how you manage it.

OVERALL HEALTH



From mental health to physical health, practicing yoga can give you a boost in every area. A variety of studies have shown that yoga can help boost memory in seniors, the ability to focus in children with learning difficulties, lower blood pressure, help with weight loss, improve posture, and help treat those suffering from PTSD. The power of yoga can have a positive impact on your overall health which can give you the right tools to both improve your life for the better.

