

Why Should Anyone And Everyone Do Yoga?

One must be wondering what is with this "Yoga" and that every other person keeps raving about it. You see some of the famous celebrities like Madonna, Oprah who have made this even more popular. The result that has come out of yoga is tremendous.

It has spread through the word of mouth as well as by knowing the beneficial uses it has given the world. Now everyone wants to join the brigade and reap its fruits.

It helps you in many ways and would help you clear your problems which made you suffer for years together.

The combination of different yoga poses would be very helpful in the long run. It is a stress reliever as some of the techniques helps you to free your mind and soul. The concentration and level of the pose also helps.

Our life is very stressful no matter what kind of lifestyle we live. A rich person would have the same level of anxiety as any other person. It helps you to garden your thoughts in the positive field making you flourish everyday and spread the joy about yoga.

Many of the ailments can be cured and prevented once you start off with yoga. Ailments like arthritis, back pain, asthma, fatigue, depression, diabetes, heart disease, sinus problems, headaches and many more can be cured. This is just a short description of the things yoga can do.

It is a energy booster and would also help you to increase you strength. The stretching exercise acts as oiling of your joints which makes you more flexible and agile. By the continuous exercise you could reduce your weight and would also help in improving your level of concentration and thinking. It can easily motivate you in doing many interesting things in life.

The Top Five Secrets of Yoga

Yoga

Its an open secret that yoga is a physical routine that relaxes the mind and rejuvenate the senses. There are many individual benefits that people do yoga for. Any seasoned yogi will tell you how it helps them in so many different ways. However, we have tried to list down the most important aspects of our lives that yoga can help us immensely improve.

1- Yoga and Stress

According to many research studies, stress is the underlying factor in almost three fourth of all illnesses that prevail in humans. It is especially regarded as the number one killer condition in fast paced nations. Yoga helps in coping with stress by way of producing endorphins in the human body. Endorphins produce happy feelings in the brain, thus improving the mood and reducing stress.

2- Yoga and Sleep

Sleep deprivation is yet another common problem, more so among those leading a hectic life as well as the elderly. As a matter of fact there is no set age limit for lack of sleep to set in. Unlike other exercises, yoga is not only safe to do close to bedtime, it also increases the chances of a peaceful sleep by relaxing our muscles and mind.

3- Yoga and Ageing

Pleasantly enough, yoga has been found to fight the effects of ageing as it makes regular yogis look much younger than they actually are. One reason are the great effects on skin. But perhaps the greatest reason is that yoga lifts spirits, reduces mental tension, thus keeping people not only looking young but more importantly, feeling young.

4- Yoga and Focus

Sharp focus and concentration are two very important tools in everyday life. As the grind of daily life takes the vigor away from us, it can take along with it our ability to focus. Loss of focus can trigger

memory loss, which may in turn lead to terrible illnesses like Alzheimer's. Breathing and meditation exercises in yoga help improve the mind's capability to retain its focus and further sharpens it.

5- Yoga and General Health

Of course, Yoga is a great way to remain healthy. Again, unlike other exercises, it is safe for the elderly and also for those with health problems like palpitation, high blood pressure, heart diseases etc. Not only that, yoga also helps prevent diseases by keeping you fit and active. It increases flexibility of muscles. But most of all, it boosts your spirits and lets you focus on the brighter side of life, which is a health booster in itself!

Invest In A Home Yoga Practice

Let's face it: Because of the economy, typical expenses - from dining out to gym memberships - are becoming luxuries. Today's budget trimmers who regularly attend a yoga studio, or even yoga beginners, could be inspired to make a small investment in a home yoga practice and a large investment in their health. Natural Solutions: Vibrant Health, Balanced Living magazine's November issue, now on newsstands, features "The Om Advantage," which details how to set up a home practice and offers step-by-steps for 11 basic yoga poses designed by longtime yoga teachers Rodney Yee and Colleen Saidman.

"Yoga is a powerful practice that promotes strength, balance, flexibility, and stress relief. More than 16 million people practice yoga in the US," said Linda Sparrowe, Natural Solutions editor-in-chief. "And other than a yoga mat and a few props to help out, yoga is free! A home practice also fits perfectly with your schedule: Spend just 15 to 30 minutes before work to mentally and physically prepare yourself for the day, or after work or before bedtime to stretch tired muscles and quiet the mind."

For beginners, Sparrowe recommends taking a few yoga classes, renting or purchasing DVDs, borrowing books, or visiting yoga Websites to learn how to do each pose correctly and safely. To create a practice space, arrange a section of your living room or bedroom with enough space to stretch out. Put on a favorite CD or create a playlist of soothing music.

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"For the home yoga practice, each person will need 'the four Bs,'" said Sparrowe. "A block for proper alignment, a belt for safe stretching, a bolster for support, and a blanket for comfort. You can buy these props or easily improvise with everyday household items."

Yoga at Office

For people living in big cities life is still more difficult, as they have to cope up with long hours of traveling and traffic jams. These people are totally exhausted by the time they reach home and don't find time to relax and rejuvenate.

Our body requires constant movement and exercise by which all the systems of our body are regulated. But a lot of us are into jobs, which involves constant sitting. There is a solution to this entire problem.

You just need to pay attention to minute things, which may be really beneficial to you. Follow our simple relaxation techniques that will help you keep yourself relaxed all the time.

Comfortable and good sitting chairs cost a lot and may not be available to everybody. Whatever happens don't ever compromise over a chair not in good condition or which doesn't have the right height for you as both your health and work are going to suffer.

If you have a height adjustable chair see that the height of your chair, your body and height of the table are right. Sometimes even a small adjustment of height will make you feel comfortable. A lot of chairs are available in the market. Kneeling chairs have both pro's and con's. When you sit on these your hips are higher than your knees and spine is upright. Slump a little and come to the correct position. With this you can breathe better. But if you sit on it for a long time its uncomfortable.

Chairs without arms are better as you cannot rest your arms or elbows which would have created unnecessary tension for the muscles of your neck, shoulders and upper back. When your hands are not busy keep your shoulders back and down and rest your hands in your lap.

If you are tall and long legged you need to place your feet away from each other, as there will be wide angle between your calves and thighs. If you are tall and have a large upper body see that height of your

chair is balanced with your work. If you are short, sit fairly high so that your feet don't touch the ground. Fill the gap with old newspapers, stools etc.

These are some of the relaxation techniques that you can follow while you are at work or in your office. You can practice these techniques at the convenience of your office place without disturbing your work.

Yoga Diet

It helps in relaxing the body and mind. It is also useful to improving one's flexibility and for toning one's body. Those who practice yoga also maintain a better body posture. Yoga helps in improving a person's digestion and in preventing various diseases. Yoga creates self awareness in a person and is a great way to reduce stress. When practicing yoga there are a few things one needs to make a note of to get the best out of the yoga. These include adhering to the correct yoga diet.

One can achieve yoga weight loss by following one of the various diets that exist. These include the hatha yoga diet and the Bikram yoga diet among other yoga diets. Thus following a correct yoga diet can help in complementing the yoga. It is a great way to nourish the person's mind as well as their body and helps in getting them energized for the entire day ahead. The main precinct of any yoga diet is that it should be a well balanced and healthy diet. In yoga it is stated that a proper yoga diet includes some basic elements. Sometimes following the yoga diet may involve changing one's diet.

This may not be easy for those who have been following a certain kind of diet all their life. People can change their diet if they have the right amount of determination and also the correct knowledge. Some other common guidelines of yoga include fasting and following an organic diet. Fasting promotes self control, determination and discipline in a person. Thus some of those who practice yoga state that following the yoga diet help in cleansing and also rejuvenating a person's body. One should always ensure that they check with a doctor before they start any diet or fasting routine.

One of the yoga types includes Bikram yoga. This involves a person doing 26 different poses in a sequence in a series of flowing smooth movements. This new form of yoga helps in weight loss and also helps to strengthen and balance a person's body. For those who follow a Bikram yoga diet and session, it is claimed that they burn about 640 calories in a session. This yoga is practiced in a heated room and thus allows one to do the stretches without any injuries being caused. This is a great way to lose fats and also to eliminate toxins. Some of the main guidelines of the Bikram yoga diet include the person eating light meals which contain some kind of whole grains, some protein and also plenty of fresh vegetables. Bikram yoga diet proposes that one should keep their intake of dairy products and carbohydrates to the minimum. This diet proposes that one should avoid eating large meals and instead to eat plenty of smaller meals during the course of the day. Soon one should be able to tell the difference between the real hunger pangs and just plain food cravings. Many practitioners of yoga are strictly vegetarian.

Yoga practice must, necessarily, be supplemented by the proper diet, if you wish to wholly benefit from what Yoga has to offer. The Yoga Diet, besides other things, is a way to help you set your ideal weight and achieve emotional and spiritual balance. If we wish to remain alert and energized throughout the day, we need to nourish our mind and body. Redefining our relationship with food does this.

An essential aspect of Yoga practice, Yoga Diet is a branch of Yoga all on its own. It is not a diet by way of keeping track of calories or complicated menu planning. Nor does the Yoga Diet require that you feel hungry or go without. It just ensures that you have a well-balanced diet and eat in moderation - always.

This section covers several important aspects of Yoga Diet; here you will learn about food and the way it affects you - not only your looks, but also whether you are happy or sad, sick or well, a fully-functioning being or walking disaster. Further, the Yoga Diet will help you to reach your material and spiritual goals.

The best part is that, to follow a Yoga Diet you don't have to practise Yoga at all. All that is required is a desire to lead a better life by practising a diet that has been proven over thousands of years to build a strong mind and body. What's more, the Yoga Diet is even a proven and trusted path to longevity and enlightenment. Rest assured, the Yoga Diet combines the wisdom of the ages with the technology of today. It is the best way to nourish your body and nurture your spirit.

How to Become Regular in Your Yoga Practice

People come to yoga looking for various things: peace of mind, stress reduction, improved concentration, and weight loss. Yoga can help you to accomplish all of this, but "yoga works, if you work." You have to do the practices on a regular basis in order to get the results.

If you have bought some books on yoga and meditation, don't let them gather dust while you sit around thinking that maybe one day you are going to practice.

Yoga postures and basic meditation exercises are simple enough to learn. In fact, I teach them to children and they pick them up quite easily. The big problem for most people is to establish the habit of doing the practices on a regular basis. Here are a few tips which may help you to do your yoga and meditation on a daily basis.

1. Start with Firm Determination: Yoga begins and ends in the mind. Take a determination that you are going to give yoga a fair try and you are going to practice, because it is important to you. Close your eyes, and think "For the next three months I am going to do it every day."

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During the course of time, whenever you start thinking, "Oh today I don't want to do my yoga exercises", remember your initial determination and stick to it.

2. Do it Together With some Friends: Learning how to give and share is an important part of yoga, so don't keep "yoga" to your self. If possible find one or two friends who would benefit from practicing yoga, and do it together with them. The good thing about practicing with others is that if a day comes when you are not motivated to do the practice, the enthusiasm of your friends will carry you along and you will do the practice with them.

3. Make a Regular Schedule and Stick to It: Yoga is not like tennis or some recreational sport which you will do if the sun is shining and you feel like doing it. To get the true benefits from yoga you have to do it every day. So, free some space in your busy schedule and "reserve" this time for your practice of yoga and meditation.

If you get up a bit earlier in the morning, then you will have a nice quiet time to do your yoga before the rest of your neighbors wake up. In the evening, do your best to keep some time free for yoga before your evening meal. Once you have set your schedule, stick to it as best you can.

4. Do Your Practices With A Free Mind: It is not enough to reserve time for yoga, with your body doing the exercises but your mind continuing to worry about other things. When you stop to do your yoga and meditation, you should remember that the next 30 or 40 minutes has been reserved for yoga and for your development. Don't jump up to answer the phone, or respond to every minor disturbance. This period of time is for you.

If you begin to think about all your other responsibilities and problems, gently drop these thoughts and imagine that your problems are tucked away along with your shoes at the corner of the room, or better yet in another room (You shouldn't be practicing yoga with your shoes on).

5. Be Patient: Sometimes you will feel the effects of the yoga and sometimes you will not feel anything. Don't worry about the immediate effects, continue to practice. It takes a while before the most profound results of yoga are realized.

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It took you many years to build up your present personality and physical structure. You can't change it overnight. But the good news is that you don't have to wait many years to change yourself because the regular and systematic practice of yoga postures and basic meditation can help you to make great changes in a period of six months to one year.

Therefore, start practicing, continue practicing and slowly, but surely yoga will help you to realize your most important goals.

Yoga Do's and Dont's: Yogic exercises have to be practiced with caution

Wrong breathing technique while doing yoga can cause blackouts and hernias

Walking and yoga are probably the safest exercises for a beginner. The practice of yoga is thousands of years old, with innumerable techniques, breathing manoeuvres and asanas. Walking comes with few safety caveats, but yoga, long considered a method of relaxation requires caution. A major determinant of injury in the beginner is the skill and experience of the instructor. Experienced practitioners achieve high levels of flexibility and breathe control. Many universities and organizations in India train yoga instructors, but many unqualified find work as instructors anyway. Unqualified find work as instructors anyway. Unqualified instructors tend to offer misleading advice to beginners with special needs and health problems. The result is often injury sometimes worse.

Do warm-up exercises before doing yoga especially in winter. Cold tissues are prone to injury. Wear the right kind of clothes - loose fitting cottons are best. Learn to breathe correctly. Get this right before you worry about asanas and movements. Maintaining a position with the wrong breathing technique can cause blackouts and hernias. On the other hand, if you are breathing correctly you will find exercises easier to do, you can maintain a position for longer and you can stretch further. Yoga is not a competitive sport. Do not try to match your instructor or out - do your fellow students. Doing a full movement with bad form or incorrect breathing is dangerous because repetition will increase your risk of injury. If you suffer from back or spine problems, have a detailed conversation with your doctor about what exercise and postures you should avoid. Let your doctor and not your instructor is the final judge of what is safe or unsafe exercise for you.

Stop exercise when you develop pain. Avoid that particular posture or movement in future sessions. Discuss the matter with your doctor yoga may simply have unmasked an underlying health problem. Drink lots of water during and after a session. Remember that yoga may make you sweat but it is not a substitute for walking and other aerobic exercise. It is not a good aerobic exercise and is poor at burning calories. The good news is practicing yoga will make you feel better than any form of exercise.