

## YOGA (योग)

Yoga is an ancient art that connects the mind and body. It is an exercise that we perform by balancing the elements of our bodies. In addition, it helps us meditate and relax.



Moreover, yoga helps us keep control of our bodies as well as mind. It is a great channel for releasing our [stress](#) and [anxiety](#). Yoga gained popularity gradually and is now spread in all regions of the world. It unites people in harmony and peace.

### Origin of Yoga

[Yoga](#) essentially originated in the subcontinent of India. It has been around since ancient times and was performed by yogis. The term yoga has been derived from a Sanskrit word which translates to basically union and discipline.

In the earlier days, the followers of [Hinduism](#), [Buddhism](#), and [Jainism](#) practiced it. Slowly, it found its way in Western countries. Ever since people from all over the world perform yoga to relax their minds and keep their bodies fit.

Furthermore, after this popularity of yoga, India became known for yoga worldwide. People all over the world have started to realize the benefits of yoga. Several workshops are held and now there are even professional yogis who teach this ancient practice to people so they can learn about it.

## **Benefits of Yoga**

Yoga has numerous benefits if we look at it closely. You will get relief when you practice it regularly. As it keeps away the ailments from our mind and body. In addition, when we practice several asanas and postures, it strengthens our body and gives us a feeling of well-being and healthiness.

Furthermore, yoga helps in sharpening our mind and improving our [intelligence](#). We can achieve a higher level of concentration through yoga and also learn how to steady our emotions. It connects us to nature like never before and enhances our social well-being.

In addition, you can develop self-discipline and self-awareness from [yoga](#) if practiced regularly. You will gain a sense of power once you do it consistently and help you lead a healthy life free from any problems. Anyone can practice yoga no matter what your age is or whichever religion you follow.

21st of June is celebrated as [International Day of Yoga](#) where people are made aware of the benefits of yoga. Yoga is a great gift to mankind which helps us keep better and maintain our health. You also develop a higher patience level when you practice yoga which also helps in keeping the negative thoughts away. You get great mental clarity and better understanding.

In short, yoga has several benefits. Everyone must practice it to keep their health maintained and also benefit from it. It is the secret to living a healthy and long life without the use of any artificial means like medicines or any other shortcuts of any kind.