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All you need to  
know about

YOGA

## WHAT IS AN ASANA?

In yoga, an asana is a body posture, originally sitting for meditation, but more generally for hatha yoga, including postures that are reclining, standing, inverted, twisting or balancing as well as seated. Asanas have been claimed to have beneficial effects in terms of flexibility, strength, and balance; to reduce stress and conditions related to it; and to have specific benefits for some diseases such as asthma and diabetes.

### BENEFITS OF ASANAS:

- + Has lots of health benefits.
- + Improve flexibility
- + Create strength and balance
- + Alleviate stress and anxiety
- + Reduce the symptoms of back pain.

### EXAMPLES OF ASANAS:

- |              |              |                 |
|--------------|--------------|-----------------|
| • Tadasana   | • Karkasana  | • Chakrasana    |
| • Yikshasana | • Garbhagana | • Vajrasana     |
| • Adho...    | • Garuda...  | • Vashishtasana |

# YOGA

## INTRODUCTION:

Do you want to maintain your physique without much workout? Don't want to spend money in the gym? Well, the solution, as everyone rightly says, is yoga.

## WHAT IS YOGA ?

Yoga is a group of physical, mental, and spiritual practices or disciplines which originated in ancient India. Yoga is one of the six orthodox schools of Hindu philosophical traditions. The term 'yoga' in the Western world often denotes "Hatha Yoga", a physical practice of postures called asanas.

Yoga became popular as a system of physical exercise across the Western world. Yoga in Indian traditions, however, is more than physical exercise; it has a meditative and spiritual core.

## BENEFITS OF YOGA :

- Increased flexibility
- Increased muscle strength and tone.
- Improved respiration, energy and vitality.
- Maintaining a balanced metabolism.