

Emotional Wellbeing & Yoga

Yoga is derived from the word YUJ meaning Unity. Body, mind and spirit are like a tripod – even if one aspect isn't functioning properly, our life will not be balanced and that will lead to ill health. Yoga is that way of life which creates a harmony by aligning all the three components (body, mind and spirit) into one. This harmony, in turn exists to support life. Yoga is an integral part of our lifestyle. It removes the impurities from the level of mind and unites everything with the spirit. Most importantly, Yoga is not just the physical aspect of it, it is not just the Asana and Pranayam which we commonly see on social media, it has 8 limbs which are like the life manual for everyone.

Best Yoga Practices/Poses for Overall Well Being

1. Chanting Aum – Complete prevention/cure specially for mental health
2. Kapalbhati Kriya – Frontal forehead cleansing – Detoxifies the mind and body
3. Basic Hasta Mudras – Hand gestures – Prevents/cures multiple diseases
4. Vajrasana – Thunderbolt Pose – best after meals for digestions and bowel movement
5. Viparita Karni- Leg Up the wall pose – specially for fatigue/sedentary lifestyle
6. Hasta-pada asana-Hand to toe pose) – specially for reducing back ache and reducing stress
7. Bhujangasana – Cobra pose – for posture correction
8. Shalabhasana – Locust pose
9. Marjaryasana – Cat and Cow stretch – Excellent for spinal tension and improving metabolism

Daily Pranayams for Improving lungs capacity and immunity

1. Bhastrika – Bellow's breath
2. Anulom Vilom – Alternate Nostril Breathing
3. Ujjayi Pranayam
4. Brahmari Pranayam – Humming bee

Yoga As Stress and Anger management tool

Yes Yoga works on the mind and because each posture is done mindfully with conscious breathing technique, it helps to reduce stress hormone and has soothing and calming effect on the mind.

Healthy lifestyle and diet tips

Yogic stretches as part of morning routine, bed time routine and work desk Yoga for tech neck and back pain issues.

Mitahara – Moderate diet and Balanced diet tips as per ayurveda

Exercises for Eyes and jyoti meditation for tired eyes with excessive screen time exposure. Practice of Pratipaksha bhavna and Anitya Bhavna for a positive life outlook

