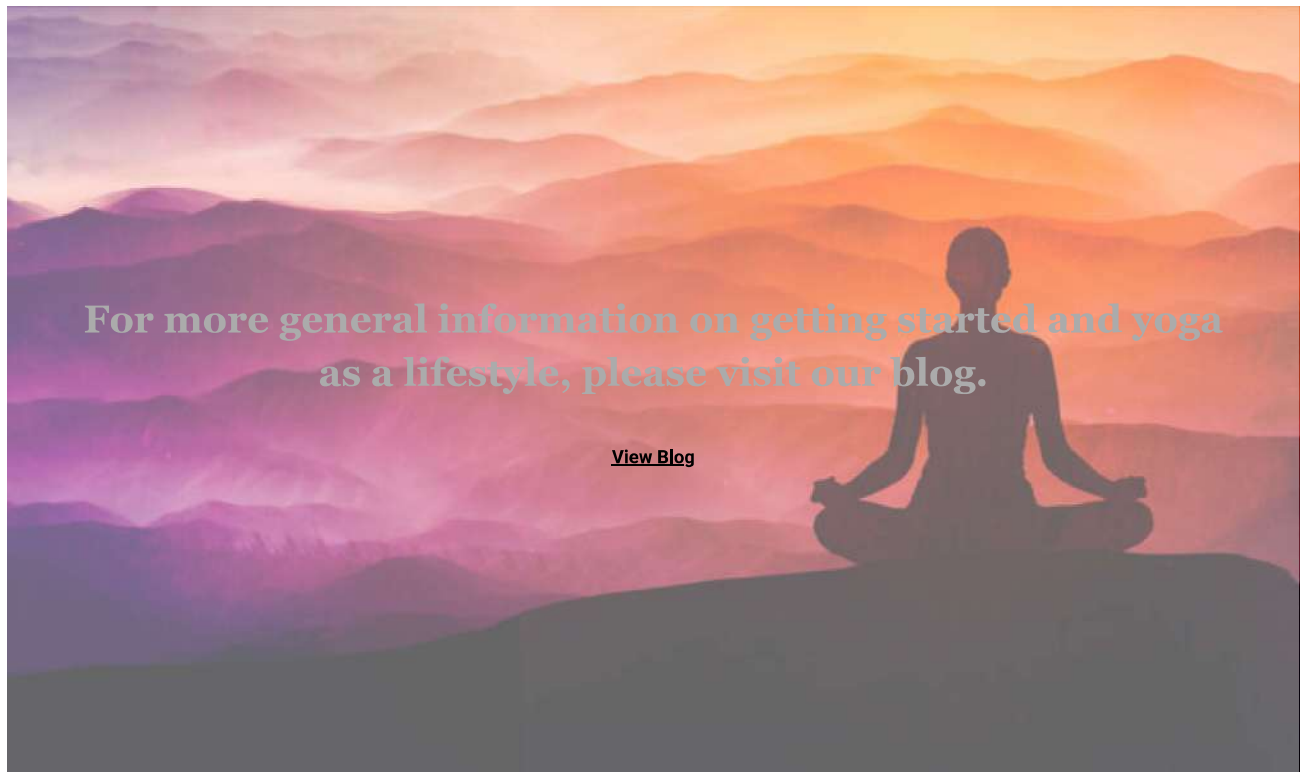


BE A YOGI

"Yoga: A Path to Serenity and Strength"

In our beautiful studio, learn from our workshops, restore your body and soul with our classes, and feel better about yourself.



BE A YOGI

Hello! Welcome to our blog about yoga. As a yogi, we believe in the holistic benefits of practicing yoga, not just for the physical body but also for the mind and soul. In our blog, we will explore various aspects of yoga such as: We hope that our blog inspires you to start or deepen ... Continue reading



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Be A Yogi Blog Introduction



TYPES OF YOGA

ARDHA CHAKRASANA (HALF WHEEL POSTURE) This posture resembles half wheel in final position, so it's called Ardha Chakrasana or half wheel posture. TADASANA (PALM TREE POSE) In Sanskrit 'Tada' means palm tree. In the final position of this posture, the body is steady like a Palm tree, so this posture called as 'Tadasana'. TRIKONASANA (TRIANGLE POSTURE) The ... Continue reading



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Blog on Types of Yoga

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4-week course

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4-week course

ABOUT US

About

Welcome to "Be a Yogi"! At "Be a Yogi," we believe that yoga is so much more than just a physical practice. It is a journey of self-discovery, connection, and transformation. Our mission is to inspire and guide individuals on their path to becoming a yogi – someone who not only practices yoga but embraces ... Continue reading



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About Be A Yogi WordPress Blog

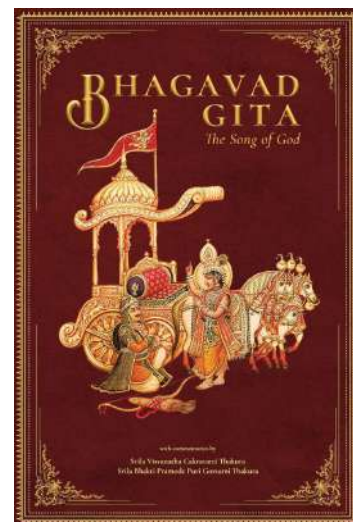


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INTERNATIONAL DAY OF YOGA: HISTORIC EVENT

"Yoga is a skill in action"

– The Bhagavad Gita



Bhagavad Gita – The Life of God

BE A YOGI

Founded in 2010 by Rangith R, Nagaraj T, Neerathilingam K and Roshan Ram B as a renowned yoga studio based in Rajapalayam.

Do you have questions about our yoga studio or the yoga classes we offer here?

bayogi2023@gmail.com

9042020557

North Venganallur, Rajapalayam.

Monday	5:00 am – 10:00 am
Tuesday	5:00 am – 10:00 am
Wednesday	5:00 am – 10:00 am
Thursday	5:00 am – 10:00 am
Friday	5:00 am – 10:00 am
Saturday	5:00 am – 8:00 am
Sunday	Closed

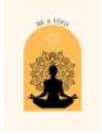
“Adiyogi *Shiva* is the source of the science of *yoga*. *Yoga* is a way of addressing human wellbeing in a scientific manner.”

— Leo Wood



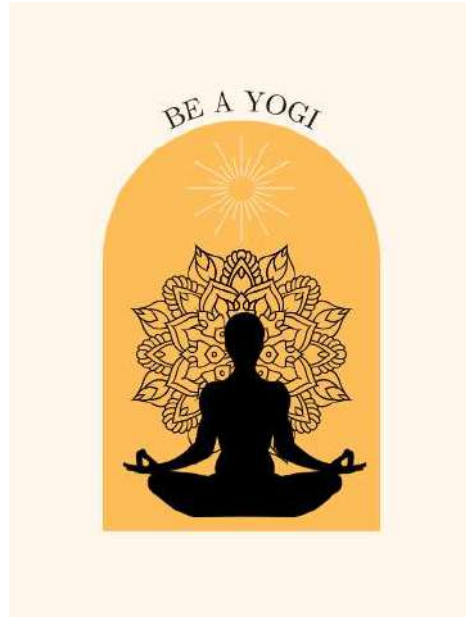
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BE A YOGI

BE A YOGI



Hello! Welcome to our blog about yoga. As a yogi, we believe in the holistic benefits of practicing yoga, not just for the physical body but also for the mind and soul. In our blog, we will explore various aspects of yoga such as:

- The different types of yoga: There are many styles of yoga, each with its unique focus and benefits. We will discuss some of the most popular styles such as Hatha, Vinyasa, Ashtanga, Yin, and Restorative yoga.
- Yoga poses (asanas): We will guide you through some beginner-friendly yoga poses that you can practice at home, such as Downward Dog, Warrior II, and Tree pose. We will also offer tips on how to perform each pose safely and correctly.
- Breathing techniques (pranayama): Pranayama is an important aspect of yoga that involves controlled breathing techniques. We will discuss some pranayama techniques that can help you relax, reduce stress, and improve your focus.
- Yoga philosophy: Yoga is not just about the physical practice, it is also a spiritual practice. We will dive into some of the core principles of yoga such as the eight limbs of yoga, mindfulness, and meditation.

We hope that our blog inspires you to start or deepen your yoga practice and helps you lead a more mindful and balanced life. Thank you for reading!

Yoga is really the art of waking up.

Getting back to the true you. It can be that simple. Yoga offers up a way for us to see a world that is working for you instead of against you.

Yoga reminds me that everything is connected so we must live, act, and breathe with awareness.

The process is the candy.

Enjoy!

HISTORY OF YOGA

The origins of yoga can be traced back to ancient India, with roots dating back over 5,000 years¹. Some researchers even suggest that yoga may be as old as 10,000 years². The history of yoga can be divided into four main periods of innovation, practice, and development³.



1. **Pre-Classical Yoga:** This period refers to the early beginnings of yoga and the development of its foundational concepts. The ancient sacred texts known as the Rig Veda mention the word “yoga” for the first time. During this time, yoga practice focused on rituals, mantras, and meditation in order to unite the body, mind, and spirit.
2. **Classical Yoga:** The classical period of yoga is attributed to the sage Patanjali, who compiled the Yoga Sutras around the 2nd century BCE. Patanjali’s Yoga Sutras are considered the foundational text of classical yoga and discuss the philosophy and practices of yoga, including the eight limbs of yoga.
3. **Post-Classical Yoga:** This period saw the expansion and diversification of yoga practices. Different schools of yoga emerged, each with its own emphasis and methods. Hatha yoga, which focuses on physical postures (asanas) and breath control (pranayama), gained popularity during this period.
4. **Modern Yoga:** In the late 19th and early 20th centuries, yoga gained recognition and popularity in the West. Influential figures like Swami Vivekananda and Paramahansa Yogananda introduced yoga to the Western world, emphasizing its spiritual and philosophical aspects. Yoga continued to evolve in the modern era, with various styles and approaches being developed and practiced.

It’s important to note that the history of yoga is vast and multifaceted, with influences from different cultures and traditions over time. Today, yoga continues to be widely practiced, appreciated, and studied for its physical, mental, and spiritual benefits.

BENEFITS OF YOGA

Yoga offers a multitude of benefits for both the body and mind. Here are some of the benefits of practicing yoga

Improved flexibility:



Regular yoga practice helps increase flexibility by stretching and lengthening muscles and improving joint range of motion.

Increased strength:



Yoga poses require holding and supporting body weight, which helps build strength in various muscle groups. Additionally, practicing yoga can improve muscle tone and definition.

Stress reduction:



Engaging in yoga promotes relaxation and stress relief. Deep breathing exercises, meditation, and mindfulness techniques practiced in yoga can calm the mind, reduce anxiety, and promote mental well-being.

Enhanced mind-body connection:



Yoga emphasizes the connection between the body and mind. Through mindful movement and focused breathing, practitioners can cultivate a heightened sense of body awareness and a deeper connection to their own physical and mental experiences.

Improved cardiovascular health:



Some styles of yoga, such as Vinyasa or Power Yoga, involve dynamic movements that can elevate the heart rate, providing a cardiovascular workout and boosting heart health.

Management of chronic conditions:



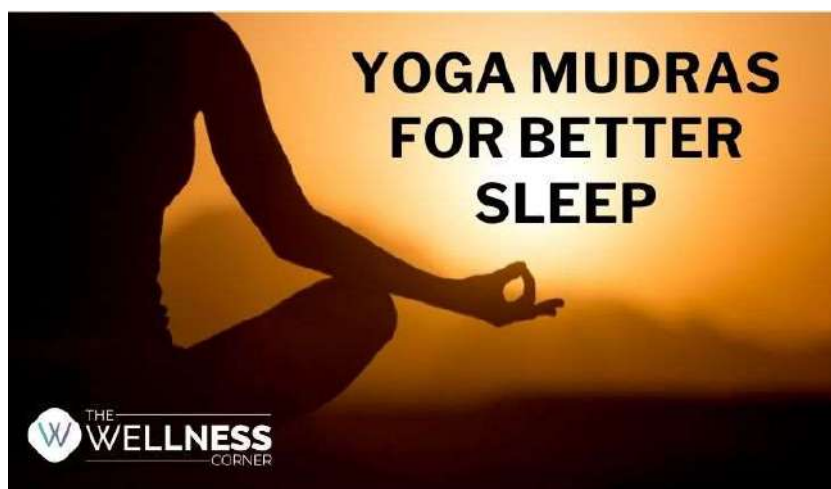
Yoga has shown to be beneficial in managing certain chronic conditions, such as high blood pressure, diabetes, and chronic pain. It can help reduce symptoms, enhance overall well-being, and support healing.

Increased mindfulness and self-awareness:



By practicing yoga, individuals can develop a sense of mindfulness and self-awareness. This can lead to better decision-making, improved self-esteem, and a more positive outlook on life.

Better sleep quality:



Yoga can help improve sleep by promoting relaxation, reducing stress, and calming the mind. Certain poses and relaxation techniques can be particularly effective in preparing the body for a restful night's sleep.





NOTE

It's important to note that the benefits of yoga may vary from individual to individual. It's always recommended to consult with a qualified yoga instructor or healthcare professional before starting any new exercise routine.



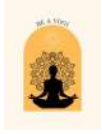
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TYPES OF YOGA



#InternationalYogaDay

10 TYPES OF YOGA

EXPLAINED SIMPLY

<p>RESTORATIVE YOGA</p> <p>Restorative yoga poses are designed to be soothing, well-supported poses that offer the body the opportunity to linger quietly.</p> <p>Celebrity: Adam Levine Lisa Haydon</p> 	<p>PRENATAL YOGA</p> <p>Prenatal yoga is a multifaceted approach to exercise that encourages stretching, mental centering and focused breathing.</p> <p>Celebrity: Miranda Kerr Jessica Alba</p> 
<p>VINYASA YOGA</p> <p>Vinyasa Yoga is all about fluidity, involving creative flowing sequences geared to open and strengthen the entire body.</p> <p>Celebrity: Divya Rao Miley Cyrus</p> 	<p>KUNDALINI YOGA</p> <p>Using sound, breath, and posture, Kundalini Yoga aims to develop spiritual awareness by harnessing the serpent power.</p> <p>Celebrity: Melanie Griffith Sting (Gordon Matthew) Russell Brand</p> 
<p>KRIPALU YOGA</p> <p>Ideal for people facing life's challenges, Kripalu is gentle yoga that emphasizes moving at your own pace, self-acceptance, and adaptability.</p> <p>Celebrity: Bipasa Basu Nargis Fakri</p> 	<p>POWER YOGA</p> <p>Put simply, Power Yoga is a series of postures designed to improve strength, balance, and flexibility.</p> <p>Celebrity: Ricky Martin</p> 
<p>HOT YOGA</p> <p>Performed in hot and humid conditions, hot yoga often seeks to replicate the conditions of India where yoga originated.</p> <p>Celebrity: Jennifer Aniston Demi Moore Madonna</p> 	<p>HATHA YOGA</p> <p>This yoga form challenges your body and emphasizes physical exercises to master the body.</p> <p>Celebrity: Ricky Martin Madonna</p> 
<p>IYENGAR YOGA</p> <p>Iyengar is a type of Hatha yoga where the focus is on alignment as well as the union of body, mind and soul.</p> <p>Celebrity:</p> 	<p>ASHTANGA YOGA</p> <p>Ashtanga means eight branches, of which asana or physical yoga posture is merely one branch; breath or pranayama is another.</p> <p>Celebrity:</p> 



ARDHA CHAKRSANA (HALF WHEEL POSTURE)

This posture resembles half wheel in final position, so it's called **Ardha Chakrasana** or **half wheel posture**.

ARDHA CHAKRASANA HALF WHEEL POSE



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TADASANA (PALM TREE POSE)

In Sanskrit '**Tada**' means palm tree. In the final position of this posture, the body is steady like a Palm tree, so this posture called as '**Tadasana**'.

TADASANA THE PALM TREE POSE

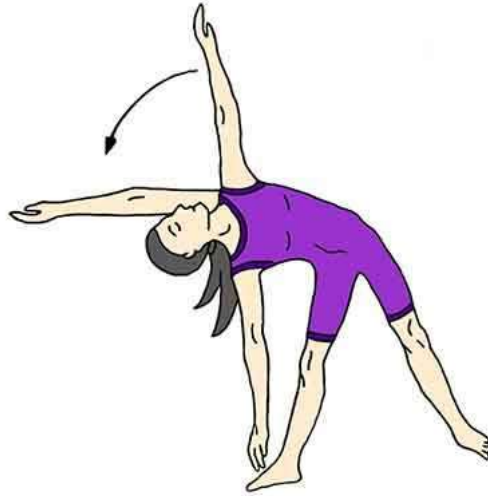


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TRIKONASANA (TRIANGLE POSTURE)

The final position of this posture looks like a '**triangle**' in shape, so it's called **Trikonasa** or **triangular stretch pose**.

TRIKONASANA THE TRIANGLE POSE



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VEERABHADRASANA -2

'**Veera Bhadra**' is one of the Gana (can call as Soldier) of Lord Shiva. This pose dedicated to him, so this posture is called as **Veerabhadrasana**. This posture also called as **Warrior pose**.

VIRABHADRASANA - II THE WARRIOR POSE



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PARSHWA KONASANA (SIDE ANGLE POSTURE)

In Sanskrit '**Parshwa**' means Side, '**Kona**' means angle. In the final position of this posture, the body forms a side angle, so this posture called as **Parshwa Konasana**.

PARIVRITTA PARSVAKONASANA REVOLVED SIDE ANGLE POSE



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BHUJANGAASANA

The final position of this posture emulates the action of cobra raising itself just prior to striking at its prey, so it's called **cobra posture or Bhujangasan**.

BHUJANGASANA THE COBRA POSE



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PADAHASTASANA

“**Pada**” means foot, “**hasta**” means hand. So the exact English translation is the foot hand pose. This asana widely called as the **forward bending posture**.

PADA HASTASANA HAND TO FOOT POSE



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USTRASANA

The final position of this posture looks like **Camel**, so its called camel posture or **Ustrasana**.

USHTRASANA THE CAMEL POSE

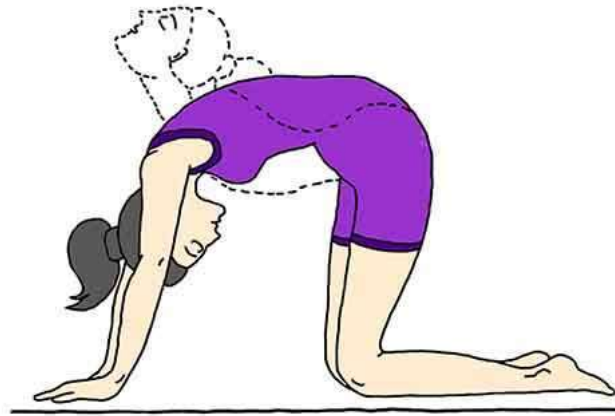


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MARJARASANA

‘**Marjara**’ means Cat, this posture imitates the periodical upward and down word stretching of the Cat, so it’s called **Marajarasana**.

MARJARIASANA THE CAT POSE

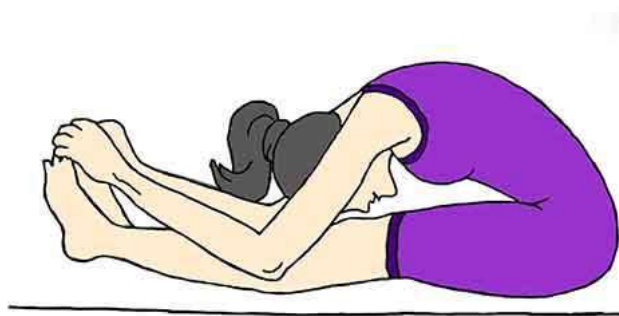


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PASCHIMOTTANASANA

Paschima means back or west, '**uttana**' means to stretch, in this posture **back stretches nicely**, so-called back stretching pose. This posture also called as **Ugrasana**.

PASCHIMOTTANASANA THE FORWARD BEND POSE



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ARDHA MATSYENDRASANA (HALF-SPINAL TWIST POSE)

Great yogi **Matsyendra Nath** did meditation in this posture. So this posture called as **Ardha Matsyendrasana**.

ARDHA MATSYENDRASANA HALF SPINAL TWIST POSE



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PADMASANA

‘**Padma**’ means lotus, the final position of this posture looks like lotus, so it is called **Padmasana**.

PADMASANA THE LOTUS POSE



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ANANTA SHAYANASANA

‘**Ananta shayana**’ refers to Lord Vishnu. During ‘maha pralaya’ Lord Vishnu slept above ‘**Adishesha**’(1000 headed serpent) in this position. So this posture called as **Ananta Shayanasana**.

ANATASANA

SLEEPING VISHNU POSE

SIDE RECLINING LEG LIFT POSE



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PAVANA MUKTASANA

In Sanskrit '**Pawan**' means wind, '**Mukta**' means release. This posture is very useful in removing wind from the intestines and stomach. So this posture called as "**Pawan muktasana**".

PAWANMUKTASANA

GAS RELEASE POSE



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PURVAUTTANASAN

'**Purva**' refers to the front part of the body. '**Uttana**' means raising. The front part of the body is rising in the final position of this posture, so it's called "**Purvottanasana**".

REVERSE TABLE TOP POSE



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VRKSHAASANA(TREE POSTURE)

‘**Vrksha**’ means tree, the final position of the posture resembles a tree. So it is called **Vrkshasana** or **one leg stand**.

VRIKSHASANA THE TREE POSE



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GARUDASANA (EAGLE POSE)

Garuda is the vehicle of Lord Vishnu. This posture resembles garuda or eagle so it's called as **Garudasana**.

SEATED EAGLE POSE GARUDASANA

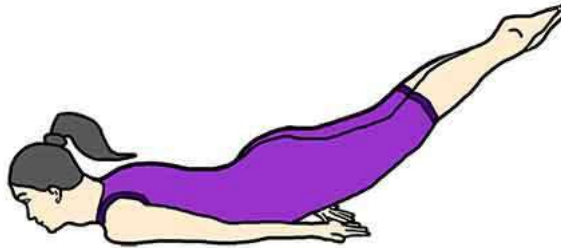


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SHALABHASANA (LOCUST POSTURE)

‘Shalabha’ means Locust, The final position of this posture imitate the tail of a locust, so this posture called as **Shalabhasana or Locust posture.**

SHALABHASANA THE LOCUST POSE

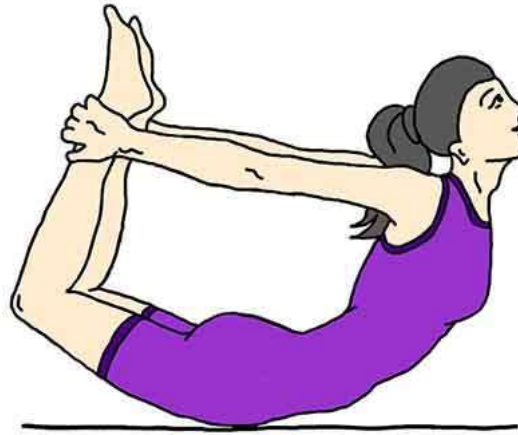


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DHANURASANA (BOW POSTURE)

Dhanur means ‘**bow**’, in the final position of this posture the body resembles a bow, so this posture called **Dhanurasana or Bow posture.**

DHANURASANA THE BOW POSE



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ARDHA HALASANA (HALF PLOUGH POSE)

‘**Ardha**’ means half, ‘**hala**’ means plough, the final position of this pose resembles a half plough, so it’s called as **Ardha Halasana**.

ARDHA CHAKRASANA HALF WHEEL POSE

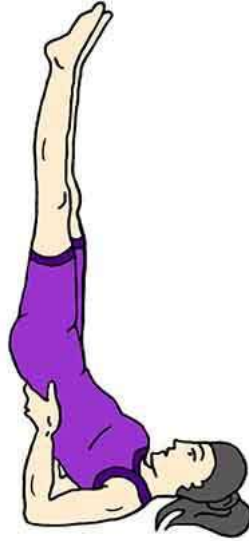


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VIPAREETA KARANI MUDRA

In Sanskrit ‘**Vipareeta**’ means inverted, ‘**karani**’ means to get done, mudra means psychic attitude; so the English translation of this practice is the inverted psychic attitude.

VIPAREET KARANI MUDRA



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SARVANGASANA (SHOULDER STAND)

In Sanskrit '**Sarva anga**' means the whole body. The whole body getting benefited by this posture, so it's called so. The most common English name for this posture is shoulder stand pose. This is one of the very useful yoga postures. This posture called as the Queen of all the postures, whereas headstand called as the King of Postures.

SARVANGASANA THE SHOULDER STAND



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UTTANA PADASANA

In Sanskrit '**Uttana**' means raising, '**pada**' means foot. In the final position of this posture both feet are rising; so this posture called as **Uttana Padasana**.

UTTANPADASANA THE RAISED LEG POSE

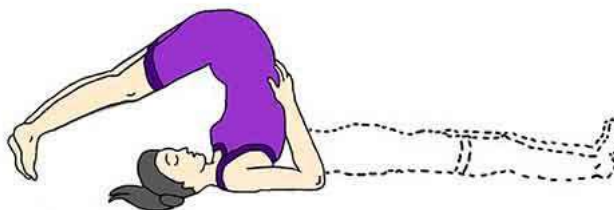


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HALASANA (PLOUGH POSE)

In Sanskrit '**Hala**' means Plough. The final position of this posture resembles a plough, so this posture called as **Halasana or the plough pose**.

HALASANA THE PLOUGH POSE



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CHAKRASANA (WHEEL POSTURE)

'**Chakra**' means wheel. The body looks like wheel shape in the final position of this posture, so it's called as **Chakrasana**.

CHAKRASANA THE WHEEL POSE

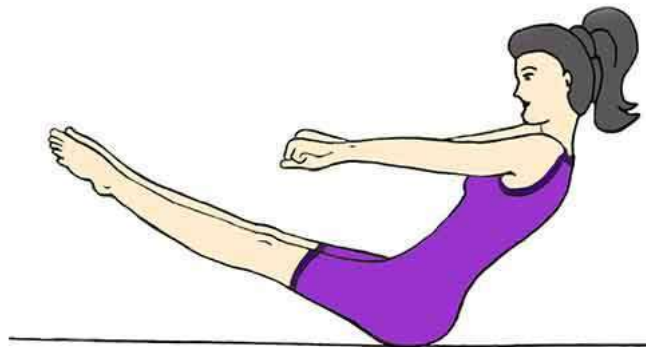


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NAUKASANA (BOAT POSTURE)

In Sanskrit '**Nauka**' means boat; the final position of this posture resembles a boat, so this posture called as **Naukasana**.

NAUKASANA THE BOAT POSE



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GOMUKHASANA

In Sanskrit '**gomukha**' means cows face. This posture resembles the face of a contented cow, so this posture called as **Gomukhasana**.

GOMUKHASANA THE COW FACE POSE



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SHAVASANA (RELAXING POSE)

‘**Shava**’ means dead body. Lying down on the floor like the dead body is called **Shavasana**. One of the main classical texts of yoga, called hatha yoga pradeepika written by Yogi Swatmarama in the 16th century explains Shavasana as below.

SHAVASANA THE CORPSE POSE

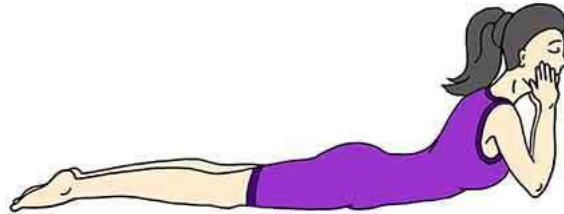


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MAKARAASANA

‘**Makara**’ means crocodile, relaxing on the floor facing downwards steadily same like the crocodile, so it’s called “**Makarasana**”.

MAKARASANA THE CROCODILE POSE



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