Yoga Heals

Yoga is a physical, mental and spiritual practice that originated in ancient India. 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. The various techniques of yoga help the yogi to calm the mind. It increases focus and concentration power. It builds the energy to work and stay active the whole day long. Yoga helps in achieving clarity in life and self-awareness as well. Yoga and meditation are also helpful in removing various bad habits like smoking and drinking. Yoga can be seen as a single medicine or cure to many diseases.

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Yoga benefits

- Yoga improves strength, balance and flexibility. Slow movements and deep breathing increase blood flow and warm up muscles, while holding a pose can build strength.

- Yoga helps with back pain relief. Yoga is as good as basic stretching for easing pain and improving mobility in people with lower back pain

- Yoga can ease arthritis symptoms. Gentle yoga has been shown to ease some of the discomfort of tender, swollen joints for people with arthritis

- Yoga benefits heart health. Regular yoga practice may reduce levels of stress and body-wide inflammation, contributing to healthier hearts

- Yoga relaxes you, to help you sleep better.

- Yoga can mean more energy and brighter moods. You may feel increased mental and physical energy, and fewer negative feelings after getting into a routine of practicing yoga.

- Yoga helps you manage stress. Yoga supports stress management, mental health, mindfulness, healthy eating, weight loss and quality sleep.

- Yoga connects you with a supportive community. Participating in yoga classes can ease loneliness and provide an environment for group healing and support.

- Yoga improves flexibility.Yoga seems to be especially helpful for improving flexibility in adults ages 65 and older.

- Yoga promotes better self-care.

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Yoga Gallery

Standing-Forward-Bend

Four-Limbed Staff

Upward Facing Dog

Downward Facing Dog Pose

Quarter Dog

Fierce Pose

Open Triangle

Tree Pose

Eagle

Seated Forward Bend

Next

Yoga Pose

SL.No	Yoga Asanas	Benefits
1	Sukhasana	Sukhasana is best to reduce anxiety and stress and mental tiredness.
2	Naukasana Or Boat Pose	This asana stretches the abdominal muscles and it improves digestion and reduces belly fat.
3	Dhanurasana Or Bow Pose	It helps in weight loss and boosts digestion and blood circulation.
4	Vakrasana Or Twisted Pose	Vakrasana makes the body flexible and reduces belly fat and also helps in improving digestion by regulating digestive juices.
5	Kakasana Or Crow Pose	The posture makes the body and mind feel light. It brings together the scattered mind.
6	Bhujangasana Or Cobra Stretch	it can be a great asana for people dealing with arthritis of the lower back and lower back pains.
7	Shirsasana Or Headstand	It improves blood circulation, gives strength to the respiratory system, improves concentration and memory.
8	Gomukhasana or Cow Face Pose	It is one of the basic asanas that opens up the hips. As the asana stretches the hips, arms, thighs and back, it helps in muscle relaxation.