

YOGA & MEDIATION

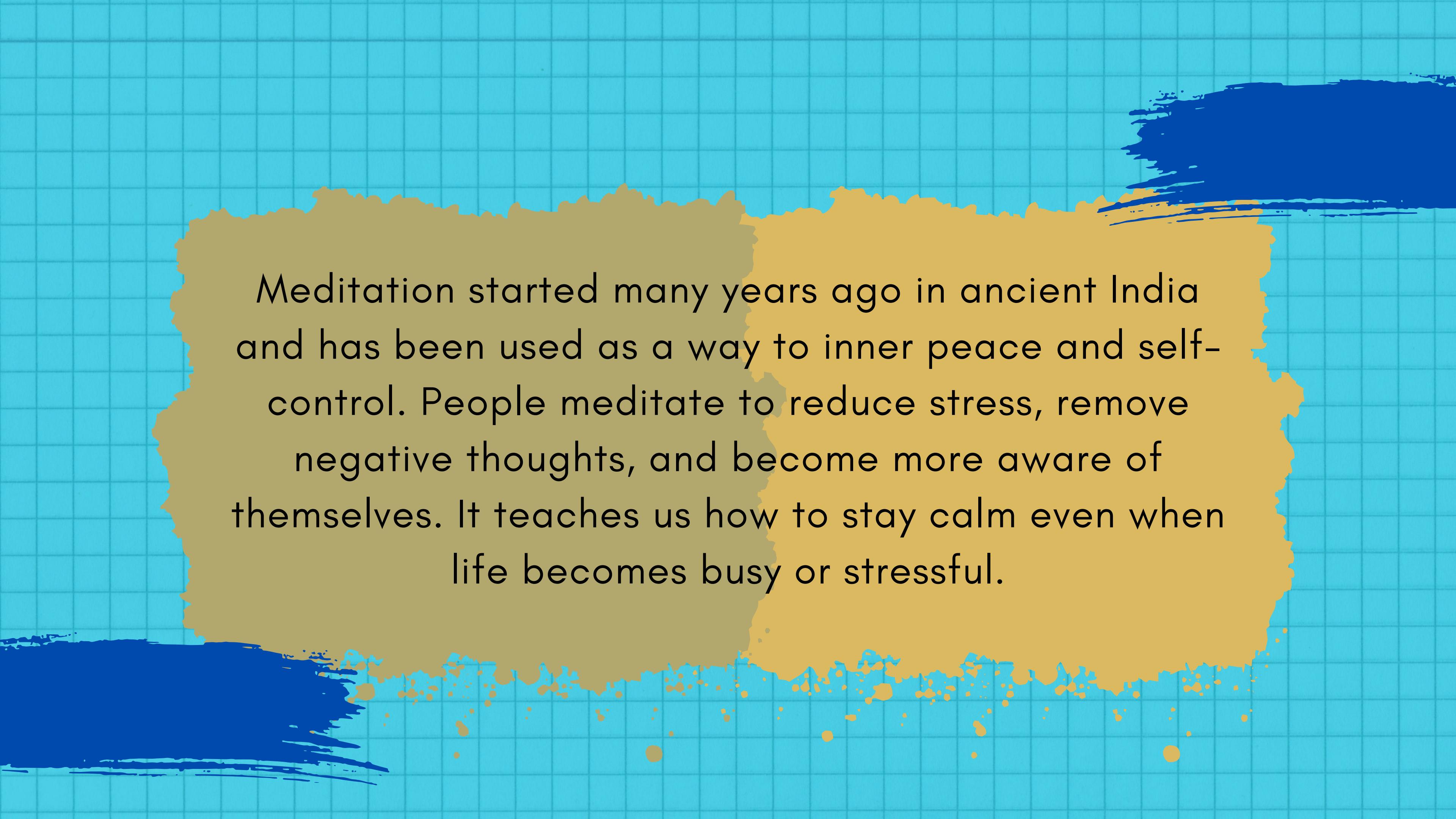
Yoga is an ancient practice that combines physical exercises, breathing control, and meditation to promote health and inner peace. It started in India thousands of years ago as a way to keep the body strong and the mind calm. The word “yoga” means union, which refers to the joining of the body, mind, and spirit into one balanced state.

IN YOGA, PEOPLE PERFORM DIFFERENT BODY POSITIONS OR POSES, CALLED ASANAS, THAT HELP STRETCH AND THE MUSCLES. THESE MOVEMENTS IMPROVE POSTURE, BALANCE, AND FLEXIBILITY. YOGA IS ALSO ABOUT BREATHING DEEPLY AND SLOWLY, WHICH HELPS THE BODY RELAX AND BRINGS MORE OXYGEN TO THE BRAIN. THIS COMBINATION OF MOVEMENT AND BREATHING MAKES YOGA DIFFERENT FROM REGULAR EXERCISE IT'S NOT ONLY ABOUT PHYSICAL STRENGTH, BUT ALSO ABOUT MENTAL FOCUS AND EMOTIONAL CONTROL.



MEDITATION

Meditation is a mental exercise that helps calm the mind and improve focus. It is a practice where a person sits quietly, relaxes, and pays attention to their breathing, thoughts, or feelings. The main goal of meditation is to achieve peace, clarity, and balance in both the mind and body.



Meditation started many years ago in ancient India and has been used as a way to inner peace and self-control. People meditate to reduce stress, remove negative thoughts, and become more aware of themselves. It teaches us how to stay calm even when life becomes busy or stressful.

The background features a central light blue rectangular area surrounded by various overlapping organic shapes in shades of orange, green, yellow, and dark grey.

THANKYOU!!