

## 1) Yoga and meditation

\* Yoga and meditation when practiced together strengthen the mind body connection, improving overall fitness and well being.

\* many styles of yoga combine meditation with physical routines, which use controlled breathing throughout the yoga poses.

Benefits of practicing yoga

\* Increased flexibility  
Yoga poses focus on stretching and lengthening the muscles

\* Emotional boost

Both yoga and meditation improve mental focus and provide a general feeling of well being

\* Better diet

Studies suggest that practicing yoga improves fitness and body awareness

\* Improved health.

Adding yoga or meditation to our life will improve the quality of our life.



# Meditation

Meditation is a practice that has been associated with almost all religions and civilizations across the world. Since it is closely associated with religion, many people take meditation to be the same thing as praying.

## Benefits of meditation

- \* meditation prevents stress from getting into the system
- \* Meditation releases accumulated stress that is in the system

## Physical Benefits

- \* Lowers high blood pressure
- \* Reduces anxiety attacks
- \* Decreases any tension related pain such as tension headaches, ulcers, joint problems
- \* Increases immune systems.



## mental Benefits

- \* Anxiety decreases
- \* Emotional stability improves
- \* Creativity increases
- \* Happiness increases
- \* Intuition develops

## 2) Spirituality:

Spirituality is a process of personal transformation, either in accordance with traditional religious ideals, or increasingly, oriented on subjective experience and psychological growth independently of any specific religious context.

In a more general sense, it may refer to almost any kind of meaningful activity or blissful experience. It still denotes a process of transformation, but in a context separate from organized religious institution, termed "spiritual but not religious".



## Inspiring Spirituality:

Allowing us to be filled with inspiration, that  
also translates into love, joy, wisdom, <sup>2</sup> peacefulness  
and service

## Escaping spirituality

Remembering that an inevitable expiration  
awaits to take us away from the very  
circumstances we may think are so very important  
right now.