

Yuletide Yogi

Yoga + Kundalini are Similar in their abilities to : Obtain and Solve the imbalanced soul of flowing chemically altering bodily Auras.

Yoga increases blood flow, allowing nutrients to process faster and vitalize the user faster.

Snakes are one Giant muscle, they constrict and contort to reach their destination. Human muscles are the same and so are vessels in the sense of constriction. When muscles are stretched they'll constrict easier causing less anxiety.

Yoga allows toxins to be pushed from our body faster. Yoga also sends a signal to our brain that a muscle is dried out and needs to be replenished allowing proper daily constriction. The old cells are put into the blood and revitalized and brought back to live turning the from a toxic substance to their original nutritious state

Yoga of the Body and Mind

Yoga is a physical, mental, and spiritual practice or discipline, that aims to transform body and mind. The term denotes a variety of schools, practices and goals.

The term yoga is derived from the literal meaning of "yoking together" a span of horses or oxen, but came to be applied to the "yoking" of mind and body.

Yoga is not a recent trend, nor is it a religion. Yoga is a systematic, ancient approach to health and well being. Yoga tones and relaxes the entire system while bringing the mind and body into perfect balance. The goal of Yoga can be summarized in three words: easeful, peaceful and useful.

If you are physically easeful and mentally peaceful, then you will be useful to humanity. That is the aim of Yoga. In the West, the most familiar Yoga

practice is Hatha Yoga, Yoga of the physical body. This is only one part of a larger system of Yoga to make the body and mind pure and focused.

The Integral Yoga System combines many methods of Yogic practice, integrating the many branches into a varied yet simple system.

Alternate Nostril Breathing

This breathing technique will help you tap into the part of the brain called the insula, which is associated with cravings as well as moral intuition, creativity and empathy.

How: Sit cross-legged with your back supported either by the headboard or the back of the couch. Press your ring finger over your left nostril and inhale four counts through your right nostril. Then, close off your right nostril with your thumb so both sides of your nose are closed. Hold all the air for four counts. Release your ring finger and let all the air out of your left nostril for four counts. Reverse this pattern by inhaling through the left nostril, holding both closed and then exhaling out the right. Repeat this breathing pattern for three to five minutes—or until you're more interested in sweet dreams than sweet treats.

Yoga is apart of many religions, its just known by its motion more frequently than title.

Many forms of Meditation have different titles in other regions all over the world, many cases the initial name is changed, the roots of purpose remain the same but.. oddly the technique evolves into its own.

History is hard to calculate properly, in many cases a hypothesis based off of old artifacts or remnants decide who was first to the cookie. But in many minds of historians theres a large chance of being mislead.

Whos to say if Multiple Religions and cultures use the same technique that one of them was first and originated the concept.

For all we know both sides originated on their own free will without any suggestions from other cultures and Their timelines never even crossed.

Read More - <http://VirtualMeditationTree.com/timeline.html>