



BFITaesthetic

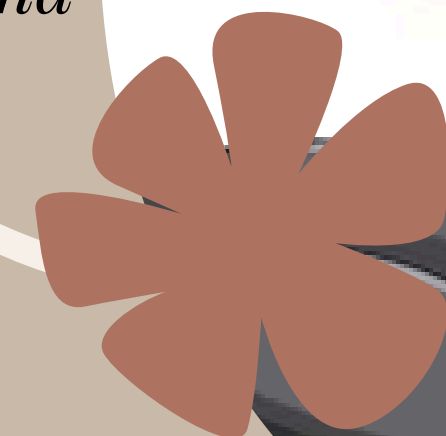
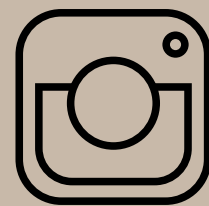


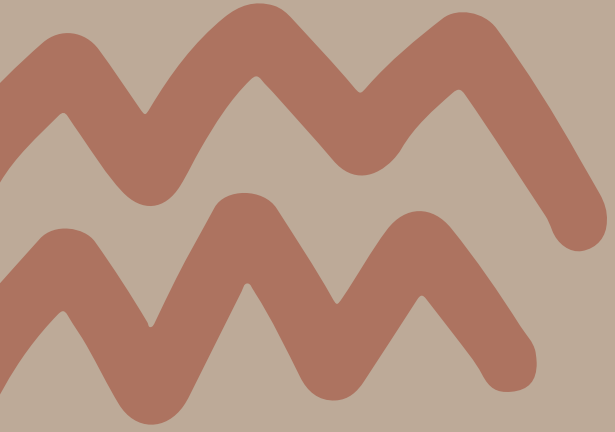
what is yoga ?

*A practice that connects mind, body, and spirit.
Involves physical postures, breathing techniques, and
meditation.*



FOLLOW US ON





origin of yoga..

Where Did It Start?

- Originated in ancient India over 5,000 years ago.
- Mentioned in ancient texts like the Vedas and Upanishads.

Purpose

- Initially developed for spiritual growth and self-awareness





Benefits of Yoga

Physical Benefits

- Improves flexibility and strength.
- Boosts immunity and helps with posture.

Mental Benefits

- Reduces stress and anxiety.
- Enhances focus and mental clarity

Emotional Benefits

- Promotes a sense of calm and well-being.
- Encourages mindfulness and self-acceptance.

Simple Yoga Exercises

Mountain Pose (Tadasana)

Stand tall with feet together, arms by your side. Breathe deeply.



Cat-Cow Stretch

On all fours, alternate between arching your back (cat) and lowering it (cow) while breathing.



Downward-Facing Dog *(Adho Mukha Svanasana)*



From hands and knees, lift hips up and back, forming an inverted V.

Child's Pose (Balasana)

Kneel, sit back on heels, and stretch arms forward, resting your forehead on the ground.



Balasana

Try It Out!

Yoga can be practiced by anyone, anywhere.
Start with just a few minutes each day.

Remember:

Listen to your body and enjoy the journey!

Thank You

