

About Yoga

Yoga is a system of philosophy that originated in India 5000 years ago that is focused on the attainment of enlightenment and the liberation of one's self from those burdens that can have negative effects on the mind, body, and spirit. The practice of yoga was brought to the Western countries, like the United States, after it gained popularity because of the many touted benefits. However, most teachers of the philosophy place the most emphasis on the physical poses and less on the meditation aspect. Yoga and Pilates have both become very popular additions to the fitness routines of many people around the world, and for good reason, which is why people are learning about yoga and its many benefits for the mind and body.

To find a comprehensive introduction to yoga basics, including a glossary of yoga terms and an introduction to popular types of yoga and basic poses visit www.yoga.about.com. There is also a number of other sites that feature a compilation of essays and articles about yoga including information about yoga, exercise, mind-body workouts, healthy eating, and exercise tips. Learn about yoga from a beginner's perspective about meditation, yoga cleansing methods, pregnancy yoga, and other yoga techniques to improve your health at www.healthandyoga.com. The first impression many people have about yoga, is that in order to practice it, one must contort their body into impossible uncomfortable positions, but this simply isn't true. Yoga focuses on the breath with each posture, which is an essential component of the healing applications of yoga, and yoga as an alternative therapy.

To learn more about yoga, from its origin to how to benefit from it, visit www.hinduism.about.com. Beginners can also find a wealth of yoga information such as frequently asked questions and answers about yoga practice, including the mysterious chakras, or primary energy centers in the body, and what yoga postures activate them at www.yogabasics.com. In addition to yoga exercises for body and mind, many online retailers like www.yoga.com, carry products for yoga, massage, homeopathic medicine, meditation, and exercise, as well as demonstrations of stretches and strategies to help you strike the perfect pose. The benefits of yoga are many, and if you haven't tried it already, you owe it to yourself to liberate your soul and reach the next level of enlightenment, physically, mentally, and spiritually. Anyone can do yoga, at any age, and in most any physical condition. Vinyasa - move with the breath.