If you’ve just picked a book or CD titled ‘Learn Yoga in one week’ then you’ve got it all wrong. Yoga exponents insist it is a transformational science that can benefit your body and mind and can also immensely help you when you don’t undergo right guidance.

Yoga

Ancient science, not a quick fix

L. SALLAH, KUMAR

I

get the basic right. Yoga is not instant coffee. You cannot serve it instantly and gain the benefits in a jiffy. Don’t get carried away by misleading ads like “Take 1 hour of Yoga in a weekend” or “Become a Yoga in seven days”!

Sadguru Yoge Vduncan, Founder, 1st Foundation in Conscious Yoga, says “The word yoga means literally means ‘union’ to be or ‘to merge’. It is more than a set of physical postures or exercises. It is a science to determine the nature of who you are and what you want to be. When yoga is correctly woven and correctly stringed in a certain way it can transform a human being, their body, mind and emotions, and only if understood, it can cause tremendous damage!”

Latest scientific research shows that the fundamental of the brain’s activity, inter neuron and genetic predispositions can be changed by practicing various systems of yoga. Yoga is essentially a technology to change the shape of who you are.

People should know the necessary patience and dedication to learn it. Thou- sands of years ago, the great masters aware of intricacies and human systems came up with yoga after years of thorough study and today, people have started taking it in their personal lives.

ayurvedic yoga, ski diving yoga etc. The three cross branches of yoga are: sankrati- nath, rishi Arora?

No, says Prabhat Awagard, Anandh Yoga Gyan, which pre- mierly teaches Vishnu Yoga. Vishnu yoga is a science of posits that will move you through the power of meditating and achieving. Vishnu’s movements are smooth, flowing and almost dance-like, which explains why it is sometimes referred to as Vishnu’s Flow or Yoga Flow. Like all styles of yoga, Vishnu has both mental and physical benefits. Physically, sweat comes out and it helps in your body. Mentally, the synchronized breathing re- leases your mind and body to retain any baggage of fear from throughout your body. As the body becomes flexible, you begin to understand and move with the postures synchronized with the breath.

A good and trusted instructor should always promote a self-practicing yoga you should do it over the period of a time rather than pushing the students right from the first class in order to achieve results faster. We should take a correct and thorough knowledge of the anatomy of the pos- itures to reduce the chances and risks of injuries.

Vishnu practitioners Vedic, “We need to educate people about the ‘noble’ tin of doing it wrong. We learn yoga through instruction and books and leveled up with present day techniques, which can lead to mixed results. If you consult a self-help or a yoga school without much knowledge on the physical body with no breath and body movements or synchronizations. ‘Youngsters should not get confused between yoga and ashtanga yoga. After joining a yoga course which teaches a simple 21 minute yoga for one week, I realize how to explore my limitations bet- ter, which automatically brings about a healthy physical body.” Today Vishnu also gives the tips and these yogas enjoy- ing benefits of both! Vishnu Kishan, International Fa- culty at Art of Living (AOL), says that yoga has much more to offer besides mental awareness, “It is something that do with every aspect of life and not just a small aspect of it – that’s the real benefit of Art of Living. We know it by better relationships too, thanks to the perception AIDS offered!”

Danish Dhanikhs that the word yoga itself comes from the Sanskrit word, which means to unite, or bring together. Yoga means joined and body in the leave- to-gether and this union has a lot of benefits. It offers more than ananas.

TIPS ON YOGA PRACTICE

Cold Water

If you are beginning your practice, allow cold water (five to eight degree Centigrade lower than room tempera- ture) to flow over you. This makes pores between the skin cells open up and that’s important for practicing yoga be- cause we want the cellular structure of the body to be charged with a different
dimension of energy. Why one person can feel cold after the bath while another is essentially because of this. Once your skin becomes charged with energy, it remains available for a long time.

It’s absolutely essential”, says Surya Nath Malhotra, or Surya Kriya, do not wash off after a shower.

Chill Yun

For a human being, the vital auras are the most dominant. When you close your eyes, the world dis- appears as internalization happens.

Empty Stomach

While practicing yoga, you should not be on an empty stomach, your bowels should be empty.

Frequency of Practice

The Yoga Sutras say – “akarikamacharah. The goal is to achieve a state where your mind is combina- tion and stable if you remain like this for a number of


By Sunita Joshi, Yoga Teacher

If you do the same way without causing any disturbance internally.

Using 122959159 in the form of: ‘There should never be a mainc to when you practice Hatha Yoga. The culture of using mirrors is horri- fied from body-building and personal- isation because they are to admire their bodies. That is not the right approach during yoga.

Speaking

An asana is a dynamic way of mend- ing. You must never speak during pictures because your voice, breath and what happens to your energy system is most important, otherwise you will dis- turb the system. Classical yoga de- mand a certain investment of your body, mind and energy, and the system- wide effects because they are to admire their bodies. That is not the right approach during yoga.

By Sunita Joshi, Yoga Teacher

If you do the same way without causing any disturbance internally.

Using 122959159 in the form of: ‘There should never be a mainc to when you practice Hatha Yoga. The culture of using mirrors is horri- fied from body-building and personal- isation because they are to admire their bodies. That is not the right approach during yoga.

Speaking

An asana is a dynamic way of mend- ing. You must never speak during pictures because your voice, breath and what happens to your energy system is most important, otherwise you will dis- turb the system. Classical yoga de- demand a certain investment of your body, mind and energy, and the system- wide effects because they are to admire their bodies. That is not the right approach during yoga.

Worries of Book Yoga!

Says Surya, Yoga Trainer, “Many people have caused immense damage to themselves by learning Yoga through books or CDs. A subtle way of manipulating your emotions. This has to be true with proper guidance and if one attempts without it, be can get into deep trouble.”

She quotes a 1986 survey in NIMHANS, a premium mental health hospital in Bengaluru, which states that in the last 5 years, 10% of patients at the hospi- tal who had psychological problems suffered because of practices incorrect yoga.

Surya, Isha Yoga Teacher

8 % of inpatients at NIMHANS hospital who had psychological prob- lems suffered because of practices incorrect yoga.

SUNDAY, 23rd February 2014 | Pages 8

www.theshamsindia.com

Yoga enables mind and body to be together and this union has a lot of benefits. It offers more than ananas.

Dinesh Kashikar, International Faculty at Art of Living

There’s always been a debate of learn- ing yoga through books and TV as some experts list it as the right way of creat- ing yoga. But Danish says that technical yoga should be used instead to teach much to many people. Spanning across his taught, “Once people start emulating the actual benefits of yoga, it removes things away from health and body, their belief material- ism and it becomes more than just a fad!”

Benefits of Hatha Yoga

Dr Vishu, Hatha Yoga master,终化 with late Yoga Gurus, says, “According to Siddhaguru, the physical body has a whole sensory awareness. If you are will- ing to read this physical body, low the senses evolved from nothing and nothing to this point, everything is written in this body. So, if you think you are seeing, you are opening up the mind and learning to examine this life towards an ultimate possibility; it’s a very subtle and scientific process. The way is to begin taught in West one three days in India is formidable.” Vishu learned a rigorous in a rigorous training in Classical Hatha Yoga for 6 months.

Worries of Book Yoga!

Says Surya, Yoga Trainer, “Many people have caused immense damage to themselves by learning Yoga through books or CDs. A subtle way of manipulating your emotions. This has to be true with proper guidance and if one attempts without it, be can get into deep trouble.”

She quotes a 1986 survey in NIMHANS, a premium mental health hospital in Bengaluru, which states that in the last 5 years, 10% of patients at the hospi- tal who had psychological problems suffered because of practices incorrect yoga.

Surya, Isha Yoga Teacher

8 % of inpatients at NIMHANS hospital who had psychological prob- lems suffered because of practices incorrect yoga.