

Yoga: How it Helps You to Feel Better

Most of the aches and pains that we have in our bodies are from over or under use, or from doing repetitive physical activity for an extended period of time, excessive doing, over extending, over working etc. Our minds are over worked, constantly bombarded with sensory input and stimulation. So what's the relationship between our day to day activities, and our mind/body connection? Usually it's not a very good one. For most of us, we really don't have time for a healthy relationship with our bodies, or for that matter with ourselves. Our wellness is a reflection of that relationship. Practicing yoga and its related techniques helps to change that relationship.

The postures help to keep the body young, strong and flexible. The postures also help to stimulate and regulate the hormonal and immune systems; they improve digestion, circulation, respiration, and balance energy systems.

The relaxation techniques help to reduce stress, release tension, and lower blood pressure. The more active our lifestyle is the more we need relaxation.

The breathing techniques relax the body and calm the mind, as well as increase oxygen absorption resulting in better overall health. There are calming breaths that are very relaxing and meditative and kriya (cleansing) stimulating and energizing breaths.

The meditation techniques help to reduce anxiety and mental fatigue leading to more manageable thinking, clarity and peace of mind. Meditation is the single most health enhancing technique known to mankind. Practicing meditation, you will begin to understand your true nature and discover the wisdom and tranquility that lie within.

Through practicing yoga, the relationship you have with yourself changes, your overall health is enhanced, and you come to know the true meaning of the words "wellness" and "wellbeing." A qualified yoga teacher can help you to learn the proven health enhancing techniques of yoga (postures, breathing, meditation, and relaxation), so that you can incorporate them into your daily life. When you practice yoga, you feel better, physically and mentally. And when you feel good overall, this is wellness.

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