

# Yoga, Wellness and Self-Discovery

How does practicing yoga contribute to your wellness? There are many parts, or aspects to an individual that make up the whole being. Wellness is a term used to describe a condition, which represents the state of health at a given time. Most of our lives are experienced through our senses (seeing, hearing, tasting, touching and smelling). The senses allow us to experience and perceive everything that's going on in the world outside of ourselves, outside of our bodies. But these senses are not the means that allow us to know the self (our self).

Our mind, body, and spirit are all intimately connected. They together are who, and what we are. Our relationship with these dimensions of our existence is important to our wellbeing. The practice of yoga is a means by which these aspects of our self can be worked on, to bring wellbeing to the mind, body, and spirit.

It is through your relationship with the physical postures that you experience internal awareness and sensations. It is through those sensations that you recognize the mental connection to the body. It is through the mind that you become aware of the consciousness. It is through the consciousness that your relationship with your energy is experienced. It is through these relationships that wellness is enhanced.

Like any relationship there is a lot of work involved. A lot of time goes into a meaningful relationship. Your relationship with your breath is the most important. It is through the breath that life is sustained. Your breath rate is inseparably connected to your mind and body. Your body reacts to stimuli perceived by the mind and the mind reacts to sensations in the body, and both need prana (breath) to exist. It is possible, through the practice of yoga, to enhance your relationship with your mind, body, and spirit. Through conscious awareness, breath regulation, physical movements, stillness, concentration, meditation, and relaxation one becomes aware of their real existence (essence), not the one perceived by the senses. This is self-discovery or conscious awareness. This is what yoga is all about.

We are not what others see when they look at us. We are bodies with consciousness and spirit. Exploring the relationship you have with yourself is self-discovery, and through that you will come to know the peace that is inherent in all of us, our true nature. When our body and mind are working effectively and efficiently we know wellness. A qualified yoga teacher can help you to open the door into this realm of self-discovery. The practice of yoga is an incredible journey that starts by going inside to find the self. Through this you will come to find out that you are already perfect just the way you are. After all, if you can't find it within yourself where else can you go to look? The practice of yoga is practicing wellness. Yoga classes are the perfect way to begin this journey.

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