



WHY IS YOGA IMPORTANT FOR OUR DAY TO DAY LIFE

Joshi A.R. and Kanwar R.

Ph.d Research Scholar, Gondwana University Gadchiroli (M.S) India

Email: anantrdjoshi@gmail.com

Abstract: Historically yoga was more than just a method of teaching; it was a way of life. You dedicated yourself to a lifestyle and culture that surpassed meditation techniques and included healthy eating habits, bathing habits, social interaction and work. Its philosophy is rooted in a physical culture of health and well-being that is still emphasised today at yoga retreats and explains why over 15 million people in the world now practise this ancient tradition. Yoga is a group of physical, mental, and spiritual practices or disciplines which originated in ancient India. There is a broad variety of Yoga schools, practices, and goals in Hinduism, Buddhism, and Jainism. Among the most well-known types of yoga are Hatha yoga and Rāja yoga. Every yoga asana (pose) has a different name and includes standing postures, seated twists, backbends, arm balances, inversions and core holds. The downward facing dog for example, is in itself said to calm the brain, energise the body, improve digestion, strengthen arms and legs and be therapeutic for high blood pressure. Whilst these benefits come as a given with most postures, the practise of yoga as a whole provides many more benefits than you might think. The beauty of yoga is that it can be practiced pretty much anywhere, on your own or with other yoga enthusiasts. If you have been inspired to give yoga a go there is no better place to try it than on an amazing yoga holiday with destinations spanning from Thailand to St Lucia. Here we share our top 10 yoga retreats where you can enjoy a luxurious healthy holiday whilst profiting from the extraordinary health and fitness benefits yoga has to offer.

Keywords: Yoga, Daily life

Introduction:

Yoga is a group of physical, mental, and spiritual practices or disciplines which originated in ancient India. There is a broad variety of Yoga schools, practices, and goals in Hinduism, Buddhism, and Jainism. Among the most well-known types of yoga are Hatha yoga and Rāja yoga.

The origins of yoga have been speculated to date back to pre-Vedic Indian traditions, it is mentioned in the Rigveda, but most likely developed around the sixth and fifth centuries BCE, in ancient India's ascetic and śramaṇa movements. The chronology of earliest texts describing yoga-practices is unclear, varyingly credited to Hindu Upanishads. The Yoga Sutras of Patanjali date from the first half of the 1st millennium CE, but only gained prominence in the West in the 20th century. Hatha yoga texts emerged around the 11th century with origins in tantra.

Yoga gurus from India later introduced yoga to the west, following the success of Swami Vivekananda in the late 19th and early 20th century. In the 1980s, yoga became popular as a system of physical

exercise across the Western world. Yoga in Indian traditions, however, is more than physical exercise; it has a meditative and spiritual core. One of the six major orthodox schools of Hinduism is also called Yoga, which has its own epistemology and metaphysics, and is closely related to Hindu Samkhya philosophy.

Many studies have tried to determine the effectiveness of yoga as a complementary intervention for cancer, schizophrenia, asthma, and heart disease. The results of these studies have been mixed and inconclusive, with cancer studies suggesting none to unclear effectiveness, and others suggesting yoga may reduce risk factors and aid in a patient's psychological healing process.

8 Reasons why Yoga is so good for us:

Low stress and improves your mood

Some yoga methods use specific meditation techniques, which focus the mind on your breathing, which focus the mind on your breathing to quieten the constant 'mind chatter', relieves stress and allow you to feel relaxed. Practising these breathing techniques on a yoga and meditation retreat can also boost oxygen levels to the brain,

leaving you feeling happier and more content with everyday life.

Boosts confidence

Aside from the uplifting spiritual values, the act of meditation can actually boost your confidence. The process works by releasing tension from your mind, so that you can feel confident about your physical body. Without any forms of anxiety, you are able to establish an internal connection with yourself. This is consequently reflected in your perception of others and will help to better your relationships by improving compassion and awareness.

Lowers the risk of injury

Exercise such as running is usually a series of rapid, forceful movements, which means that effort is at a maximum and there is a higher risk of injury and increased muscle tension. Often, strenuous exercise also engages an imbalance of opposing muscle groups, whereas yoga concentrates on balancing this activity. Unite your body and mind on a yoga and fitness holiday which will allow to combine more intense workouts with low-impact yoga.

Increases flexibility

People often say that they are not flexible enough to do yoga. The truth is, it doesn't matter how tight your muscles are as yoga asanas works by safely stretching your muscles and help you to practise it further. Moreover, yoga also stretches other soft tissue in the body such as ligaments and tendons, increasing the range of motion in the joints and allowing you to move around more freely.

Improves muscle tone and strength

Many yoga asanas have a profound effect on your upper body strength, such as the downward and upward dog, whilst the plank focuses on your core. Likewise, standing poses strengthen your upper leg muscles and lower back. Essentially any pose will strengthen an area of the body if it is

practised in the right way, without putting too much stress on specific muscle groups.

Improves your posture

By practising yoga you maintain a healthier weight, become more flexible and improve your muscle tone and strength. You will find that your posture will greatly improve because of this. Your abdominals and back muscles can now fully support your weight and you will be able to sit and stand tall, preventing niggling injuries, aches and pains.

The beauty of yoga is that it can be practiced pretty much anywhere, on your own or with other yoga enthusiasts. If you have been inspired to give yoga a go there is no better place to try it than on an amazing yoga holiday with destinations spanning from Thailand to St Lucia. Here we share our top 10 yoga retreats where you can enjoy a luxurious healthy holiday whilst profiting from the extraordinary health and fitness benefits yoga has to offer.

Conclusion:

The beauty of yoga is that it can be practiced pretty much anywhere, on your own or with other yoga enthusiasts. If you have been inspired to give yoga a go there is no better place to try it than on an amazing yoga holiday with destinations spanning from Thailand to St Lucia. Here we share our top 10 yoga retreats where you can enjoy a luxurious healthy holiday whilst profiting from the extraordinary health and fitness benefits yoga has to offer.

References:

1. Retrieved from <https://en.wikipedia.org/wiki/Yoga> on 24/2/2017
2. Retrieved from <http://www.healthandfitnesstravel.com/blog/why-is-yoga-so-good-for-you> on 24/2/2017
