

# Yoga FAQ's | Health Benefits Of Yoga Exercises | Yoga Practice

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Today, everywhere, most of the young folks are practicing yoga to learn the ways to get relax from their everyday stress and depressions. They are gaining personal independence and developing their bodies' flexibility. However, there are many questions that rise about yoga among yoga practitioners and others.

Question And Answers About Yoga and Health Benefits Of Yoga

## What is yoga?

Yoga is an ancient philosophy that came from India that promotes personal health, grown and wellness and is also based on a harmonizing system of development for the body, mind, and spirit. So, yoga is an art that combines the body, the mind and the spirit.

The regular yoga practice will provide a sense of peace and healthy. The yoga practice will make your body strong and flexible. It also develops the functioning of the respiratory, circulatory, digestive, and hormonal systems. Yoga is about balance. It brings an emotional stability and calmness in the mind.

Yoga is not only for young people who are thin and flexible but also for all age groups. It is also not lying around a religion, relaxing, staring at a candle and breathing incense. Yoga needs a full concentration over the body and mind, focused breathing, regulation and discipline.

As a result of practicing yoga, there will be a greater unification of mind, body, and spirit and for yoga practice there will be no age limit. Anyone regardless of age, body type, experience, or physical capabilities can practice yoga.

Yoga poses increases suppleness, and keeps you fit through yoga exercises, stretches, and breathing techniques. Yoga also promotes mental intensification through individual's patience, attentiveness, and dedication.

There are many types of yoga such as hatha based or alignment yoga that has been around for over 5000 years and gradually becoming popular, with several medical practitioners and therapists, as a treatment for a huge varieties of diseases.

The health benefits of yoga practice are numerous and it includes more suppleness and strength, improves cardiovascular health, overcomes and helps in healing several injuries, produces mental calmness and clarity, and also generates emotional balance in your body.

Yoga Practice for Enhancing Body and Mind

More significantly, yoga is considered as an all in one practice. There are many different types of yoga exercises and a variety of exercises with different health benefits of yoga.

These exercise choices can be stopped whenever you start practicing yoga.

- \* Weight training for strength
- \* Cardiovascular health through jogging or aerobics
- \* Tai Chi for increasing a sense of balance and synchronization
- \* Flexibility and strength can be increased with stretching exercises
- \* Meditation for peace of mind and relaxation

Yoga is above stretching and relaxation techniques, it's the ideal challenge for body and mind.

### **Who should practice yoga?**

Yoga can be practiced by anyone from the range of people who presently find no physical exercise at all to the range of Olympic athletes. People of all age groups can practice yoga. Knowing the effects of yoga on physical, mental and spiritual aspects, yoga is being practiced by millions of people all over the world.

Purna yoga also called integral yoga, is a careful alignment of your body while you hold poses, and directs to growth physically, emotionally, and mentally. In particular, yoga needs concentration, determination, and practice.

If your aim is to recuperate vigor, health, and feel stronger and younger, then assumes yoga as your exercise of choice. However, if you are in search of a quick fix or just temporary relief of the symptoms, then it is better to look at another form of exercise.

If you desire for a program that acquires more challenging as you move forward, that can begin despite of the condition your body is in, and if you are in search of a type of exercise that is balanced, then yoga may be the best for you.

After making yoga as a choice of exercise, you can start on the lookout for yoga classes, but it is more important for you to become familiar with the different types of yoga, so as to ask about the types of yoga you are interested in when you consult a yoga instructor.

Consider that there are numerous different types and styles of yoga that have been developed over the years. So, you can select your yoga practice according to your fitness level. Thus, the practice of yoga can assure you all the benefit from the discipline, breathing techniques and the physical exercise you get in yoga practices.

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