



YOGA AND FITNESS

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Abstract:

Introduction:

Ayurveda is a medical practice based upon teachings from ancient India. The Principles of Ayurveda are fundamental and foundational to the yoga diets our modern day. Ayurveda holds that food and drink or aahar, are ingested to serve your senses and activate your bodily systems. The right aahar are based upon your specific bodily composition or dasha. Yoga helps a sports person to feel and understand the body processes more accurately, thereby learning what the body needs. By understanding this, an athlete can work on areas that need attention with confidence. Yoga is useful for all types of sports to help prevent injuries. One gets extra agility which helps to avoid damage, provides more strength and improves a players ability to react to a situation in competitions, athletes at all ability levels tend to have a fear of losing, of other competitions or of developing mental deterrents to excellent performance. Yoga practices offer the natural remedy because Asanas are based on the gentle stretching of muscles, which includes relaxation and increases the blood supply. These also release residual tension and speed up regeneration. It is a natural counter balance to the muscular effort of training and competing.

Yoga

Yoga primarily works with the energy in the body through the science of pranayam or energy control. Pran also means breath. Yoga teaches how to still the mind through breath control and attain higher states of awareness. The higher teaching of Yoga take one beyond techniques and show the

yogi or yoga practitioner how to direct his concentration in such a way as not only to harmonize human with divine consciousness but to merge his consciousness in the infinite.

Yoga and Fitness

Exercise your inner self with yoga. To exercise your inner self, take the time to step off the treadmill and concentrate on the here and now, says Michelle Bridges. Try this for a moment for the next five minutes concentrate on your breathing and nothing else. Take long , deep breaths, relax your body and don't let your mind wander. The only thing that there is in the world is you and your breathing . In this calm state, you are stimulating your parasympathetic nervous system, which lowers your blood pressure and slows the pace of your breath. And why Is this good ? Because when your blood is no longer being frantically pumped to your muscles, it can properly flow to your organs your immune, reproductive and digestive systems and in doing so carry all the nutrients required for their good health.

It's not our fault that men are yoga shy. The very word sparks images of flower-strewn rooms filled with cross-legged women humming cuts from chant. Besides, a desk jockey doesn't have the time to sit around breathing when he could be getting a when he could be getting a real work-our wrong on both counts.

"Guys are the most resistant to yoga yet they often have the most to gain" says Vince Sereein. Yoga instructor a New York sports club in Manhattan. "It's one of the most practical workouts around because the combination of stretches and resistance

exercises. Simultaneously strengthens and loosens the body. It's designed to alleviate everything from stiff backs and sore muscles to low energy and work related stress. Taking even 15 minutes to concentrate on your body instead of business clears your mind of any distractions letting you focus on your job".

"Are there any others barriers between yoga and the y chromosome ?" Well, guys may hate to admit it, but yoga can be an ego-erripler" admits sereein who had seen men walk into his class thinking it would be easy, only to watch them leave discouraged. "But not being strong or flexible enough is all the more reason what you should be doing it. All it takes is one session to point out which areas of your body need the most improvement." It's hard to believe that something slow-impact can boost stamina, but yoga's deep controlled breathing means more oxygen is distributed your body as energy. Similarly, each time you stretch a muscle your body responds by bringing in more oxygenated blood. Your muscles use the oxygen to stay active longer and out excess lactic acid, preventing post workout soreness.

Finding your own personal yogi. Many health clubs, hospitals and colleges offer some type of open class or you can call The American Yoga Association.

Six Yoga tips

Before you tilt the Ground know the ground rules here are sereein's workout Hints

- 1) Loose the shoes – Going Barefoot Aids stability and Relaxation.
- 2) If is Binds – You won't unwind wear T-shirts or sweats that allow you to stretch comfortably.
- 3) Silence is Golden – Avoid any noises including music that may distract you from concentrating.
- 4) Take a good luck – Being able to see yourself in a mirror will help you monitor your form.
- 5) Put your Lotus in low – feel free to hold positions for less time or not stretch as far until you're ready to do so.
- 6) Breath Right Inhale through nose and use your belly not your chest. The slower you breathe. The faster you'll relax your body and mind.

Yoga Benefits

- 1) Increased overall health, energy and vitality.
- 2) Greater body awareness.
- 3) A strong and learner body
- 4) Increased flexibility with improved range of motion.
- 5) Better posture
- 6) Natural weight loss
- 7) Reduced stress and tension
- 8) Improved concentration.

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