



## YOGA FOR FITNESS

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### Abstract:

#### Introduction:

In Vedic Sanskrit, the more commonly used, literal meaning of the Sanskrit word yoga which is "yoke", "to join", "to unite", or "to attach" from the root yuj, already had a much more figurative sense, where the yoking or harnessing of oxen or horses takes on broader meanings such as "employment, use, application, performance" (compare the figurative uses of "to harness" as in "to put something to some use"). All further developments of the sense of this word are post-Vedic. More prosaic moods such as "exertion", "Endeavour", "zeal" and "diligence" are also found in Epic Sanskrit.

#### Importance of Yoga

Yoga is a traditional method of meditation developed by the saints of ancient India. They practiced yoga as an effective method of controlling their mind and bodily activities. Yoga in Daily Life is a system of practice consisting of eight levels of development in the areas of physical, mental, social and spiritual health. When the body is physically healthy, the mind is clear, focused and stress is under control. This gives the space to connect with loved ones and maintain socially healthy relationships. When you are healthy you are in touch with your inner Self, with others and your surroundings on a much deeper level, which adds to your spiritual health. Yoga increases the flexibility of the spine, improves body's physical condition and heightened awareness to the importance of relaxation. It has been emphasized that each exercise be practiced slowly, coordinating movement with the breath,

pausing motionless in each position and always with full concentration. Yoga teaches you to focus on breathing while you hold the poses. This attention to breath is calming it dissolves stress and anxiety. Yoga can help cure insomnia, as regular yoga practice leads to better and deeper sleep. Yoga can help fight fatigue and maintain your energy throughout the day. Yoga is an effective treatment for a variety of autoimmune diseases because it can reduce the symptoms these diseases often cause, such as stiffness, malaise, fatigue, and weakness. Because yoga is a form of # meditation, it results in a sense of inner peace and purpose, which has far-reaching health benefits.

#### Top 10 Benefits of Yoga

The benefits of yoga are extensive. Not only does yoga affect the physical aspect of the body, it addresses the mind and spirit as well. Daily exercises are a great way to help relieve the stress of your day and can bring a sense of well-being to your life. Here are the top ten benefits of yoga.

##### 1)Stress Relief

Yoga can help reduce the effects of stress on your- body. One of the benefits of yoga is that it encourages relaxation and can lower the amount of cortisol in your body.

##### 2)Pain Relief

Daily exercises of yoga can help ease the aches and pains of the body. Many people with very serious diseases have reported less pain after these daily exercises, such as asanas or meditation.

**3) Better Breathing**

You will learn to take deeper, slower breaths with daily exercises of yoga. It will help to increase your lung function and set off the body's relaxation response. This can be one of the most powerful benefits of yoga.

**4) Flexibility**

You will notice your level of flexibility will increase, which will help with your range of motion. Sometimes in the yoga daily exercises, people cannot even touch their toes. The benefits of yoga will include lengthening the muscles, tendons, and ligaments in your body to help you become more flexible.

**5) Increased Strength**

Yoga poses use all the muscles in your body and help you increase your strength level from head to toe. The benefits of yoga and daily exercises will help you strengthen your muscles close to the bones, which increase the support of your skeletal system as well.

**6) Weight Management**

You will see the benefits of yoga begin to affect your scale. Daily exercises are always recommended, but yoga helps reduce the level of cortisol in your body. This aids in weight loss and fat burning.

**7) Improved Circulation**

Yoga will help improve your body's circulation. In turn, with daily exercises, you will see the benefits of yoga with lowered blood pressure and pulse rates.

**8) Cardiovascular Conditioning**

Even the most gentle style of yoga will help to lower your resting heart rate and increase your overall endurance. This is one of the important benefits of yoga to help improve the amount of oxygen taken in during the daily exercises.

**9) Focus on the Present**

You can have greater coordination, memory skills, reaction times, and improved concentration skills by utilizing yoga for

daily exercises. These benefits of yoga will extend far out of the yoga center.

**10) Inner Peace**

What more could you want. This is one of the primary reasons that people do daily exercises of Yoga. This is one of the most important benefits of yoga and is also one of them or easy ones to attain.

**Conclusion:**

In Vedic Sanskrit, the more commonly used, literal meaning of the Sanskrit word yoga which is "yoke", "to join", "to unite", or "to attach" from the root yuj, already had a much more figurative sense, where the yoking or harnessing of oxen or horses takes on broader meanings such as "employment, use, application, performance". All further developments of the sense of this word are post- Vedic. More prosaic moods such as "exertion", "Endeavour", "zeal" and "diligence" are also found in Epic Sanskrit. The benefits of yoga are very far reaching indeed. There is no other exercise avenue you can take that will address all of these issues in one simple session. For those of you that think yoga is too easy, I encourage you to try one class. You may find it is just what you are looking for.

**References:**

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