

*The light within me
honors the light
within you*



What is yoga?

Yoga is an old discipline from India. It is both spiritual and physical. Yoga uses breathing techniques, exercise and meditation. It helps to improve health and happiness. Yoga is the Sanskrit word for union.

Benefits of yoga.

- .Yoga increases your flexibility. ...**
- .Yoga helps you to build strength.**
- .Yoga improves your posture. ...**
- .Yoga helps to keep your joints healthy. ...**
- .Yoga is a powerful mindfulness practice. ...**
- .Yoga reduces stress. ...**
- .Yoga lowers blood pressure. ...**
- .Yoga helps you to make healthier life choices.**

21st of June is celebrated as International Day of Yoga where people are made aware of the benefits of yoga.

Yoga is a great gift to mankind which helps us keep better and maintain our health. You also develop a higher patience level when you practice yoga which also helps in keeping the negative thoughts away. You get great mental clarity and better understanding.

In short, yoga has several benefits. Everyone must practice it to keep their health maintained and also benefit from it. It is the secret to living a healthy and long life without the use of any artificial means like medicines or any other shortcuts of any kind.

There are many types of yoga's like:

- ❑ Gyan Yoga
- ❑ Bhakti Yoga
- ❑ Laya Yoga
- ❑ Shiva Yoga
- ❑ Raj Yoga
- ❑ Hatha Yoga
- ❑ Karma Yoga
- ❑ Mantra Yoga
- ❑ Naad Yoga

Rig Veda is one of the most sacred and the oldest books of human history it is about 8-10000 years old and yoga is a part of this Vedic literature.

Maharishi Patanjali considered to be authority of Yoga he profounded yoga.

THANK YOU