

## Yoga For The Mind And Body

Yoga is an act that unites the body and mind with the soul. It is a means through which we can attain inner peace. The great relaxing effect that yoga has on our minds has many health benefits. It originated in ancient India during the Indus Valley civilization and has spread all over the world ever since. Originally, only the Hindu priests practiced the art of yoga, but later, even common people started practicing it due to its health benefits.

Yoga is something that is practiced, not learned. You need to perform certain Asana or poses that form the base of yoga. It is believed that there is total of 84 asanas in yoga and it is said to be 5000 years old. But this number may differ. Many of the Asana has been lost from the Vedic scriptures, and the poses we know today are a tiny portion of it.

I myself have tried yoga and found it very relaxing and interesting. My father and I used to wake up early in the morning to do yoga. In conclusion, I love yoga as it relaxes my mind and body. You should try it too.

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