

## Prevent injuries in yoga



Traditional understanding of yoga was not just depended on the physical aspects there were lot more other various practices to be contemplated on the practices, chanting, intellect thinking, self inquiry, revealing the overall or the absolute self there .now which has evolved into which is physical exertion, fitness regime shaping the body then the mind .If we split the word asana which “a” is defines as without pain and”sana” to sit, to rest, to dwell in that sitting. Where one need to be rested without suffering. so one can learn new practices such as understanding of cosmology, mathematics, medicine but the reality is always perceived incompletely will always be different from what it looks like or the one sees. Yoga looks like a sports, physical exercise, like a style, a fashion with all these fancy dressings and branding and popularity is growing specially in the western part of the world that leads one to the black aspects in yoga .which further causes the one who is ignorant

In the modern times the understanding of yoga has been altered which leads to the injury because of not knowing having the wider and broader or overall

understanding about yoga as life ,as union , as something to come out and join the absolute ,which brings us out of injury not in injury .that leads one to suffer. Which one falsely perceives it to be just physical exercise routine rather than doing aspect of Asanas or any act has to go away and merge or dissolve into absolute.

Immense rise in the postural yoga practice has no evidence or very little in the traditional times where now so much importance is given to postural practice, rigorous routine, running from yoga studios to yoga teachers from yoga festivals to several jumping from on to the other school but where yoga traditionally was meant just simply sit and rest without pain, so one can concentrate deeper.

### **Truth about yoga injuries**

One is not able to listen to their body. One is seeking yoga but not from within but from outside seeing how the other is doing not how one is and being or mimicking the same by looking on the other. That what a wrong glimpse of yoga and making into that I have known it and leads one to suffer because lack of listening to the self. After doing intense practice for many years puts one into realization that I did not realize by just doing too much all these years, I have injured the structure of it.

### **Ignorance is the cause of injury:**

All experience leads us closer to that truth or asana, truth about the self, about the spirit. Students have often studying , practicing, putting themselves out of that comfort zone putting one in to tapas is all done having what the self (body +mind)can take it .

Lifestyle plays an important role the daily activities of the person how it is .The biggest shift happens in those who study it. Indian practitioners of yoga typically squatted and sat cross-legged in daily life, and yoga poses, or Asanas, were an outgrowth of these postures. Now urbanites who sit in chairs all day walk into a studio a couple of times a week and strain to twist themselves into ever-more-difficult postures despite their lack of flexibility and other physical problems.

Many come to yoga as a gentle alternative practice to vigorous sports or for rehabilitation for injuries.

Rise in the popularity alters the truth of yoga and it's their understanding and inevitably some people would start abusing its principals. Now one who perceives this would understand that yoga is this, would understand it abused way and when this understanding is implemented they wreck themselves, they destroy their bodies. They are not aware of the body which leads them to this situation and later on they often come to me in my **ashram AYM (association of yoga and meditation)** for getting this effect to be cured because of the injury . Witnessing a yogi in India break three ribs while doing a spinal twist and a woman who had a stroke from hyper extending her neck. Black continues to teach a different kind of free-form yoga—one that doesn't teach traditional poses and emphasizes awareness of your thresholds rather than putting the pressure on to achieve poses.

I have been hearing a lot from my students who often come here in **Rishikesh** do their **yoga teacher training** and they talk about their injuries, problems, mental health and they want to find a solution to cure the ailment. They often explained how yoga is done in west is "You can't believe what's going on—teachers jumping on people, pushing and pulling and saying, 'You should be able to do this by now.' It has to do with their egos." There is so much force or pressure on the student to perform the final pose that the surrender attitude doesn't appear. It develops more egos in there. Created stronger impression which binds the aspirant again in to darkness where it changes of the view of yoga .that is danger in yoga.

### **Training the teachers to prevent injury in AYM School (Rishikesh):**

We provide essential props which are need for a class and also know how to use while teaching. You might also want to get a set of blocks, a strap, and a blanket to incorporate while teaching .great mat that works for our style of practice and your body. Be sure to start with a series of yoga classes that specifically address beginners needs. Giving the right tools and technique to use the tools so one who takes this knowledge further is having a sense of body and tools and techniques to use with them to maintain the harmony in the well being. our school is focused

highly on the teaching aspects of specially the physical practice so we bring the best teacher to give the right understand of the body .knowing the anatomy and physiology helps the aspirants to understand the self better.

Yoga injuries — including back pains, popped ribs and strained necks — are not necessarily a rare occurrence, especially among those brand new to yoga that push themselves too hard or too quickly. Yoga poses such as handstands, inversions and back-bends might **quality yoga as moderate exercise**, but these tougher poses also can be cause for concern if you're not ready for them. Given all of the proven benefits of yoga, but also the potential risks, what's a yogi to do? The solution to avoiding yoga injuries seems to be a combination of

- taking your time to ease into the practice,
- listening to your body,
- never pushing yourself past the point of comfort when stretching,
- Mixing yoga with other exercises to strengthen weak areas and reduce compensations.
- Wise to find an instructor who is well-qualified.

### **Ways to Avoid These Injuries**

- Gently Stretch Tight Areas (Avoid Temptation To Push Too Hard!)
- Reduce Muscular Compensations Through Regular Strength-Training
- Practice Yoga Cautiously (Especially If You're A Beginner)
- Consider Sticking To Gentler Styles
- Use Props For Support
- Get Your Doctor's Advice If You Have Any Injuries

**Yoga poses that can cause danger:**

- **Headstand (Sirsasana):** Headstands can be risky because they apply lots of strain to the neck, **shoulders** or hands, plus there's always the chance of falling and in the process throwing-out the back.
- **Back-bends (including Up dog, Lotus, Bridge, Wheel, Cobra or Camel):** Back-bends involve pushing the chest or hips forward and curving the back and chest so that the head extends backwards
- **Poses that pull the sciatic nerve (such as sitting on the heels in Vajrasana):**

### **Final Thoughts on Yoga Injuries**

- Although yoga does have many advantages, yoga injuries can result when students push themselves too far and too soon. Some of the most common yoga injuries include pulls or strains in the neck, spine, low back or hamstrings.
- To reduce risk for injuries when practicing yoga, start very slowly, use props (a wall, blocks or blankets), visit an experienced teacher, and avoid postures that hurt or are contraindicated for you based on your abilities.
- Yoga postures that can help you stretch and strengthen without hurting yourself can include lunging, squats, seated positions, breathing exercises and gentle bends.