

Namaste

**BENEFITS
OF YOGA**

YOGA + YOUR HEALTH

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FitOn

Yoga your way to physical and mental fitness

Although considered by many simply as an exercise fad, yoga practice has in fact helped thousands of people in improving their physical and mental fitness. Remember the golden rule of never judging a book by its cover; if you think that yoga's all about bending and breathing and nothing else, think again.

The History of Yoga

The practice of yoga has been around for more than four thousand years already. Its origins can be traced back to India where even today, it is considered as a highly valued practice to reach a state of enlightenment. Yoga as a means to receive enlightenment is a central point in several religions such as Hinduism, Buddhism and Jainism.

In other parts of the world, the popularity of yoga is caused by its many health benefits and its associated use with asanas (postures) of Hatha Yoga as fitness exercises.

Purpose of Yoga and Its Main Components

Besides reaching a spiritual state of enlightenment, yoga can also help individuals reach a better understanding of not only their bodies but their inner selves as well.

When practicing yoga, you'll notice that you'll be concentrating on three main points:

Body Positioning or Posture

Breathing Techniques

Meditating Techniques

Advantages of Yoga

Treating Back Injuries – yoga can heal back injuries that you may have by increasing the blood circulation for your injured tissues to heal faster and strengthening your lower back muscles; yoga may also in several cases heal other types of injuries as well

Prevention – Yoga also has the power to reduce chances of re-injuring yourself, shorten the time needed to recover from injuries and serve as a regular exercise technique to prevent disabilities

Mental Clarity and Improved Stress Control – The quiet and deeply relaxing techniques used in yoga would help you have a better state of mind every day at work and better control of your stress levels

Greater Self-Understanding and General Well-Being – Find yourself amazed with how much at peace you feel with yourself when you start practicing yoga regularly

Generally Better Physical Health – Besides getting that ideal toned figure you've been aiming for, yoga will also help in refreshing your kidneys and maintain a better posture

Better Sleep – Rediscover the simple pleasures of sleeping with the help of yoga.



Beginner's Tips for Yoga Practice

Consult Your Doctor – Before launching on to the first yoga step you encounter, make sure that your doctor gives you the go-ahead to do so. Yes, it's true that anyone can technically do yoga but there are certain difficult poses that would be impossible or dangerous to attempt if you are troubled with past injuries or disabilities.

Just to be on the safe side, talk to your doctor and ask him if you can yoga your way to having a sexy figure or not.

Classes or Private Lessons – When you're determined to join a yoga class, make sure that you're joining a class whose level fits yours. Make sure that you join the class on the first day as well to avoid feelings of insecurity when you see others being able to tackle new yoga poses that boggle the mind. Secondly, choose a class schedule that you can regularly adhere to. If you only attend a class or two every two months, that's sort of defeating the point of joining a class in the first place. Lastly, choose the type of yoga class that fits your taste and abilities.

On the other hand, if you're not the social type, you can always attempt yoga practice at home and with the comforts of privacy. The only disadvantage to this however is the chance that you're not doing something right and the possibility of causing harm to yourself. The best compromise, in this case, would be to hire a private teacher for a lesson or two or until you know enough to practice on your own.

HAVE A HEALTH PROBLEM- YOGA CAN SOLVE

What was once ridiculed as a bizarre fad in health has been widely accepted as a way of life for many people. This 'fad' however has been in practice for over 5, 000 years and is known as Yoga. Though it is recognized as a form of exercise, some specific poses unique to this method of physical culture have been highly recognized and recommended in the drugless healing cycles for centuries.

With a sensible and proper diet with emphasis on Fruits and Vegetables (the Mucus-less diet), these specific ailments listed below can each be alleviated with a consistent and wise execution of the poses recommended.

1. Acne: Sun Salutations, the shoulder-stand and its counter-poses, head to knee poses, Peacock poses and Abdominal Isolation.
2. Arms (Sagging): Sun Salutations, Incline plane pose, Bow Pose, Wheel pose and the Balancing Poses (peacock and Crow)

3. Asthma: Deep abdominal breathing, Shoulder-stand, bridge and fish Pose, Bow Pose and Corpse pose (Abstinence from animal products and ALL processed foods strongly required! Fruits and Veggies Only!)
4. Back-Ache: Sun Salutations, Fish pose, bow pose
5. Bad Breath: Sun Salutations, Inverted Poses, Bow and Balancing Poses, Cleansing fire Pose and Breathing exercises. (Short fasts and Restricted Occasional juicy organic fruit diets are recommended)
6. Body Odor: Sun Salutations, the Shoulder-stand (15-20 Minutes after the poses are practiced, use a warm damp rag to wipe the pubic regions)
7. Bust and Chest (firming): Sun Salutations, Bow, Crow pose
8. Chin-(prevention of double chin): Fish, Wheel, Sun Salutations
9. Common Cold: Sun Salutations, shoulder-stand and her counter- poses, Breathing Exercises, Nasal Irrigation (Avoid Dairy, Grain and Animal Products and of course Processed Foods, this is a good time to do a short fast!)
10. Constipation: Inverted Poses, Sun Salutations, head to knee Poses, Bow Pose, the balancing poses (Peacock and crow variations) (Fiber Rich Foods- Dates, celery, melons etc)

This concludes the first part of the 3-part series on how to use Yoga and a Proper diet to alleviate health symptoms.

YOGA HELPS LOWER YOUR BLOOD PRESSURE

Hypertension is a common disease nowadays, which, if it's not treated correctly can cause many damages to the other organs of the body. People who suffer from high blood pressure need to lower blood pressure in order to neutralize the effects of hypertension on their body.

Changing the life style and sometimes taking medicines is recommended for the people who need to lower blood pressure.

It is very helpful in the treatment of hypertension the yoga lifestyle, which can really help you lower blood pressure. Yoga exercises, called asanas, involve stretching and moving the body into various positions. During these exercises any tightness or tension observed in the body should be consciously relaxed. Yoga practice offers stress management techniques, which are essential to lower blood pressure. There are many yoga asanas, maybe hundreds or even thousands, but only certain asanas can help you lower blood pressure.



The most efficient for lowering blood pressure are the forward bends, which have a pacifying effect on the brain, the nervous system, the blood circulation to the brain, and they also help you reduce the stress. All these lower blood pressure. Furthermore, these asanas slow down the pulse rate, so they lower blood pressure.

They are also helpful to lower blood pressure the sitting asanas, such as Upavista Konasana, which remove the tension from the ribs and the intercostals muscles, and also help you breathe easily. Many hypertensives have difficulties in breathing and these asanas help them in this matter and they also lower blood pressure.

Other helpful asanas are the supine poses, like Supta Baddhakonasana, which relax the abdominal region and have a calming effect on the nerves, facts that lower blood pressure.

There are also recommended for those who need to lower blood pressure, the inversions, such as Halasana and Setubandha Sarvangasana, which have a refreshing effect on the nerves and reduce the sympathetic tone very fast. Usual practice of these asanas regularizes blood pressure, so lower blood pressure when it's abnormally high.

At these previous asanas you can add the pranayama and the Svanasana, which relax the mind and senses, and stabilize the blood pressure, so lower blood pressure in case of hypertension.

Is yoga for you

Yoga is the most popular and fast growing exercise trend of all. Over the last few years this form has really taken off and more and more people are choosing it among all other forms of exercise. Yoga is healthy and it is fun. Your entire body will get a total workout and a great stretch when you use yoga each day.

If you are ready to take your life in a whole new direction, one that is healthy and well balanced then yoga is probably for you. There are enough different kinds of yoga out there for you to try that you are sure to find one that suits both your fitness level and your pain tolerance.

There is an idea floating around among the populace that yoga is a painful experience. This is simply not the case. Yoga, if done correctly, can stretch your muscles but not hurt them. There are different forms so that everyone can find just the right kind of yoga for them. The best way to get involved in this fabulous exercise regime is to try a few different kinds. Start slow and do not push yourself too hard. That is how so many people get hurt.

Yoga helps to exercise not only your body but your mind as well. This is a spiritual exercise that will do wonders for your state of mind. You will find yourself much less stressed and more and more relaxed the more you do yoga. Everyone deserves to feel good and strong and that is exactly what yoga is going to do for you. It is like a natural



[Stay Tuned for my next E-Book to learn more about Chakras and how to know if your Chakras are blocked and how to unblock them!!](#)

If you are ready to finally get on track as far as your health is concerned then give yoga a shot and see what a difference it can make to your life. You can Join me with a Free Download of FitOn and become healthier with Yoga practice Virtually. :-)

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