

Benefits of Yoga

When one thinks of yoga, one usually thinks of postures and breathing exercises which are indeed two powerful tools to bring us in touch with our body and to learn to move consciously in order to bring us more flexibility and ease.

However, that is only the tip of the iceberg. In fact, yoga is a time-proven process of self-transformation for the integration of body, mind and spirit. The practice of yoga postures with conscious breathing is really a means of learning how to control the fluctuations of our mind so that we may connect with our true essence (see the References section for more details).

It should be noted that, although it comes from India and is part of the Hindu culture, yoga is *not* a religion. On the other hand, the regular and conscious practice of yoga can gradually bring us to discover an art of living who allows us to be happier and remain serene, no matter what happens.

Initially, the benefits will be mostly **physical**: flexibility, mobility, vitality, strength, ability to relax, better sleep, reduction and, sometimes, elimination of the after-effects of old injuries and, in general, better health thanks to the toning up of muscles, skeleton and of all systems: cardiovascular, nervous, lymphatic, endocrine, digestive, etc.

Soon, the conscious practice of yoga will also have remarkable effects on the **mental** level in every day life: increased concentration and creativity and, especially, peace of mind by learning to recognize and let go of thoughts which cause suffering.

With regular practice, yoga may have surprising effects in the **emotional** plane. As a result of practicing yoga on the mat, one soon notices a better control of fight or flight reactions towards the challenges of daily life and thus, significant stress reduction. Many report a feeling of competence, a better self-esteem and a tendency to be compassionate towards themselves and others.

Eventually, yoga can impact our **spiritual** life by expanding our consciousness and giving us a profound feeling of being one with all that surrounds us.

Why not You?

It is never too late to begin yoga. There are practices suitable for all age groups and all life situations.

Yoga is really something that you can practice for the rest of your life and which will keep improving your quality of life.

With the passing of years, your practice will undoubtedly evolve to meet the needs of the moment and to help you age of responsibly and consciously.

The sooner you start practicing yoga, the longer you will reap its benefits.