

YOGA FOR PEACE AND HARMONY

Practice of yoga.

The practice of Yoga is aimed at unifying individual consciousness with that of the universal, thereby attaining perfect harmony between body and mind, man and Nature

**ESSENCE OF YOGA .*

The word Yoga comes from Sanskrit and means 'union'. Yoga is a spiritual science of self-realisation that has been developed in India thousands of years ago. Through Yoga we learn to master our body and mind to cultivate inner stillness and an ever growing realization of the innermost essence (soul).

**HEALTH BENEFITS OF YOGA .*

Yoga Improves strength, balance and flexibility.

Yoga helps with back pain relief.

Yoga can ease arthritis symptoms.

Yoga benefits heart health.

Yoga relaxes you, to help you sleep better.

Yoga can mean more energy and brighter moods.

Yoga helps you manage stress.

Yoga connects you with a supportive community.

Yoga reduces stress and anxiety .

***ASANAS BEST FOR STRESS RELIEF.**

Easy Pose (Sukhasana) with Forward Bend.

Standing Forward Bend (Uttanasana) with Shoulder Opener.

Wide-Legged Standing Forward Bend (Prasarita Padottanasana)

Rabbit Pose (Sasangasana)

Thunderbolt Pose (Vajrasana) with Eagle (Garudasana) arms.

Side stretch

Plow Pose (Halasana)

Corpse Pose (Savasana) with blocks on head.

***INTERNATIONAL YOGA DAY**

Yoga for Harmony and Peace is the slogan of first ever International Yoga Day which has been celebrated in huge scale across India and other parts of the world. Now June 21 will be marked as International Yoga Day.

Yoga should not be taken just as to stretch a body; actually it should be taken as a habit to live healthy and cheerful stress free lifestyle.

YOGA IS NOT A WORK OUT IT IS A WORK IN AND THIS IS THE POINT OF SPIRITUAL PRACTICE TO MAKE US TEACHABLE TO OPEN UP OUR HEARTS AND FOCUS OUR AWARENESS SO THAT WE CAN KNOW WHAT WE ALREADY KNOW AND BE WHO WE ALREADY ARE .

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