

IMPORTANCE OF YOGA

Yoga is not a religion, it is a way of living that aims towards a healthy mind in a healthy body. Man is a physical, mental and spiritual being; yoga helps promote a balanced development of all the three. Other forms of physical exercises, like aerobics, assure only physical well-being.



Importance of Yoga

Physical

- Physical Purity
- Prevention from Disease
- Beautification of Body
- Correct Posture of Body
- Development of Muscles
- Increase the efficiency of heart & Lungs
- Increase in Flexibility

Social

- Develop Social Qualities
- Develop Social Relationship

Mental

- Reduce Mental Tension
- Provide Relaxation
- Develop Concentration Power
- Increase Memory Power
- Increase will Power

Spiritual

- Spiritual Development
- Through Asanas
- Increase Meditation Power
- Increase Moral Values

Benefits of Yoga



- Aids in weight loss
- Improves immunity
- Relieves stress & anxiety
- Increases flexibility & muscle strength

“Yoga is a light, which once lit will never dim. The better your practice, the brighter your flame.”

— *B.K.S. Iyengar*

“The nature of yoga is to shine the light of awareness into the darkest corners of the body.”

— *Jason Crandell*

“Yoga begins with listening. When we listen, we are giving space to what is.”

— *Richard Freeman*

