



YOGA: TO TRANSFORM THE MIND TO TRANQUIL STATE

CASE STUDY/INSIGHT

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Yoga has now become a very common term - from kids to the elderly. Everyone has heard of it and many are practicing it. Yoga has gained immense popularity not only in India but also across the globe. For most people it's about twisting their body into various unattainable positions which some attain easily and some think it's impossible for them and never give it a try.

Yoga is neither just something for the super flexible people nor something for those to attain flexibility. That being definitely one of the benefits of practicing yoga, there are several other benefits. Yoga unfolds the infinite potential of the human mind and soul. There are several types of yoga - Vinyasa yoga, Iyengar yoga, Bikram yoga and more recently hot yoga, power yoga, prenatal yoga and so on - so many terms that it has become ever confusing for the layman.



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Practicing yoga helps to get rid of distractions and settles the mind to a tranquil state. A mind, serene and settled without distractions, is a powerful, happy and a calm mind. Yoga is a methodology for inner wellbeing. Anyone who practices yoga with involvement can reap its benefits, irrespective of one's faith and culture. Yoga doesn't adhere to any religion or belief system.

How does yoga really help the common man? Yoga helps to increase the energy and regulate the emotions. Yoga reduces stress, depression, chronic pain and relieves anxiety. Yoga is known to improve sleep quality. Yoga reduces inflammatory response in the body. Practicing yoga along with healthy diet, helps to reduce blood pressure and risk of heart diseases. Yoga has been used as a therapy for treatment of several ailments.

Hatha yoga improves balance and flexibility tremendously. Flexibility helps in lowering joint pains and maintaining the range of motion in our joints which otherwise worsens with age. Hatha yoga helps immensely in building strength from holding the various poses for prolonged periods. Each position is designed to increase blood flow in particular organs, enabling the organs to function properly. The patience and focus needed for hatha yoga is a great teacher for the mind. It offers inner peace. Practicing yoga has been proven to increase mindfulness in several other aspects of life including diet.

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How do we get started with it? If you are worried that you are not flexible enough for most asana, here is some good news - there are progressions to help one get started at a very easy level and with practice and patience one can easily manage to get into more advanced asana. They are readily available as books and videos but they are best learned under the supervision of a guru as incorrect practice can lead to adverse effects. Several online and in person classes are available for yoga.

Yoga has been gaining immense popularity. It has international recognition. Every year 'International Yoga Day' is celebrated on 21st June since 2015. It is celebrated to create awareness to the people about the health benefits yoga offers to the mind, body, emotion and spirit.

