

# Yoga

Yoga is the physical, mental and spiritual disciplines and was originated in India. This exercise brings more flow of Prana, (which is one of the five vital breaths in yoga) and transfers the energy into your spine. Science studies show that yoga works to improve your health and gets rid of sicknesses. It also reduces stress and unclutters the mind. Yoga's view is to attain a state of permanent peace by mastering the three disciplines. Yoga is also defined as, "Union with the divine" in other cultures.

Yoga is found in various forms throughout different cultures, including Hinduism, Buddhism, and Jainism. One of the greatest monks of India was Swami Vivekananda. This saint was the one who brought yoga to the west in the 19th century.

There are different postures in yoga that are named asanas and pranayama's. In Vedic Sanskrit the most used meaning is yoga which means, "to unite" or "to attach." The Indus valley civilization sites depict human beings in postures that resemble a common yoga or meditation pose.

The Bhagavad Gita uses yoga in a variety of different ways. The Bhagavad Gita has an entire chapter devoted to yoga and

meditation. It also has the three types of yoga forms in it – karma yoga, the yoga of action, bhakti yoga, the yoga of devotion, and last jnana yoga, the yoga of knowledge.

Yoga allows students to be very calm even when in a field of chaos. Peace will go to anyone who can master a state of meditation in yoga without distractions. There are different types of yoga, so you can choose your own style to match your own lifestyle. The postures in yoga are made to strengthen your body from inside to outside.

Mental endurance and physical stamina are tested by holding postures for a certain amount of time. After finishing yoga, your back muscles help to support your spine better than before. Your bad postures and leaning will fix itself overtime if you do Asanas. Hamstrings and calves are fixed and straightened overtime also.

When your core is working correctly, your posture will improve, so it brings relief to back pains, shoulder pains and neck pains. Holding postures causes the muscles to lengthen, which makes the body taller and leaner.

Yoga is an essential part of the human life as it is. It may seem boring and slow, but it will improve your physical, mental, and spiritual self, more than anything else.