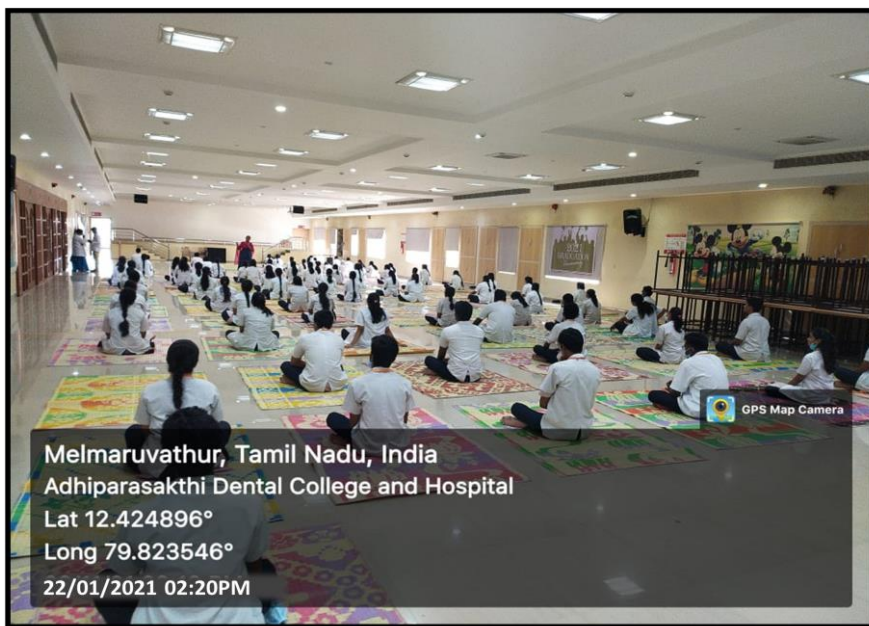


YOGA – A BETTER SELF CARE

The fundamentals of the activity of our brain and our body chemistry can be changed by practicing different systems of yoga. Yoga involves movements, meditation and breathing techniques to promote mental and physical wellbeing

The power of yoga for self-care is that it creates an easy and sustainable habit, is holistic and balanced approach to wellness, and strengthens our emotional resilience so that we can easily deal with difficult circumstances to prevent stress and burnout.



YOGA & WELLNESS – PRANAYAMA & MEDITATION

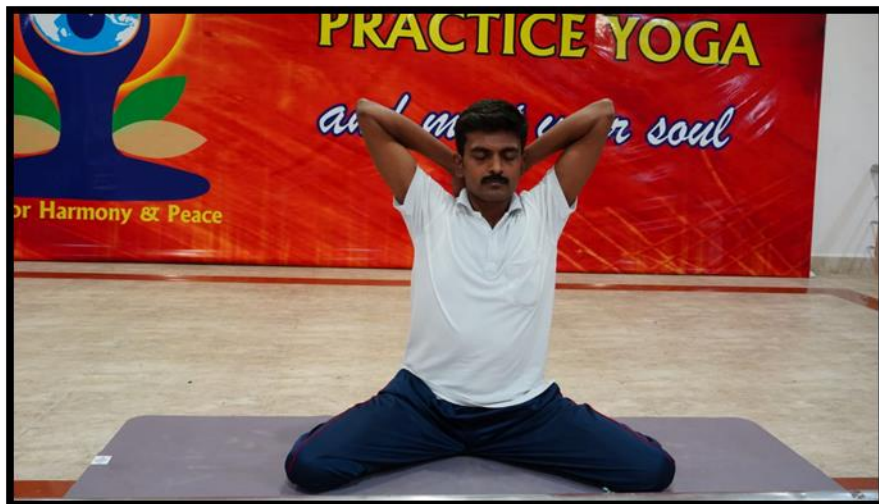
Pranayama which is basically a breath controlling exercise. It regulates breath and increases lung capacity. There was a demo for the pranayama exercise and students were also trained to do it in front of the master. The second session was on meditation. The master guided students on the benefits of meditation and tips for proper meditation. Helped students on how meditation helps in our day-to-day stressful life. Students completely enjoyed both pranayama and meditation sessions.



YOGA AND WELLNESS - YOGA

The application of yoga postures in our daily life helps us to reduce or alleviate structural, physiological, emotional and spiritual pain, suffering or limitations. Live demonstration of various yoga postures were given.

Demonstration on Pranayamam, Kapalbhathi Pranayamam, Vajrasana, Surya Namashkar, Vrksasana, Ustrasana, Sarvangasana, Bhujangasana various yogasanas were performed by the instructors and students. The significance of routine practice of yoga was emphasized to the students.





YOGA AND WELLNESS - YOGA

The spotlight of yoga postures in our daily life helps to reduce or alleviate structural, physiological, emotional and spiritual pain, suffering or limitations. Demonstration of various yoga posture given lively.

Physical benefits

- increased flexibility.
- increased muscle strength and tone.
- improved respiration, energy and vitality.
- maintaining a balanced metabolism.
- weight reduction.
- cardio and circulatory health.
- improved athletic performance.
- protection from injury.







