

YOGA

mind, body and breath into present time.

5 Principles of Yoga

There are hundreds or more of such techniques and therefore as many different Yogas. In order to simplify and clarify the topic, Swami Vishnu-devananda summarized the vast science of Yoga into 5 principles of Yoga which are easy to understand and to include in one's daily life.

1. Proper Exercise (Asanas)

Our physical body is meant to move and exercise. If our lifestyle does not provide natural motion of muscles and joints, then disease and great discomfort will ensue with time. Proper exercise should be pleasant to the practitioner while beneficial to the body, mind and spiritual life.

2. Proper Breathing (Pranayama)

Yoga teaches us how to use the lungs to their maximum capacity and how to control the breath. Proper breathing should be deep, slow and rhythmical. This increases vitality and mental clarity.

3. Proper Relaxation (Savasana)

Long before the invention of cars, planes, telephones, computers, freeways and other modern triggers of stress, Yogis devised very powerful techniques of deep relaxation. As a matter of fact, many modern stress-management and relaxation methods borrow heavily from this tradition. By relaxing deeply all the muscles the Yogi can thoroughly rejuvenate his nervous system and attain a deep sense of inner peace.

4. Proper Diet (Vegetarian)

Besides being responsible for building our physical body, the foods we eat profoundly affect our mind. For maximum body-mind efficiency, Yoga advocates a lacto-vegetarian diet. This is an integral part of the Yogic lifestyle. Not managed easily and we leave this to the individual's choice

5. Positive thinking

Here is the most important point of all, we become what we think. Thus we should exert to entertain positive and creative thoughts as these will contribute to vibrant health and a peaceful, joyful mind. The mind will be brought under perfect control by regular practice of meditation and positive thinking



THE WHITE ROOM
Unit FF5

m: 0783 7000 128
Must reserve
e: shankari@whiteroomyoga.co.uk
w: www.whiteroomyoga.co.uk

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