



# Yoga For Beginners & Weight Loss: Workout Poses For Kids, Senior, Men, Clothing, Journal Book

*Steffan Fox*

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The term Yoga came from the Sanskrit word “yuj” which simply means a “union” of a person’s consciousness or soul with the universal consciousness. It is therefore the process of reversing the ordinary outward flow of energy and consciousness in order for the mind to become a dynamic center of direct perception which does not depend upon the fallible senses but actually capable of experiencing truth. Yoga can also be defined as a spiritual and ascetic discipline which includes breath control, simple meditation and the adoption of specific bodily postures which is widely practiced across the world for health and relaxation. In ancient times people had the belief that; for a person to be in harmony with his/her environment, then he/she has to integrate the body, the mind and the spirit. For the integration of these three, the emotions, actions and intelligence must be balanced. Due to this people formulated a special way to achieve and maintain this balance which is done through exercises, breathing and meditation. These are called the three main yoga structures. What You'll Get Inside: BRANCHES OF YOGA Hatha Yoga (Yoga of Postures) Bhakti Yoga (Yoga of Devotion) Raja Yoga (Yoga of Self-control) Jnana (Gyana) Yoga (Yoga of the Mind) Karma Yoga (Yoga of Services) Tantra Yoga (Yoga for rituals) WHY PEOPLE PRACTICE YOGA HISTORY OF YOGA Pre-classical age Classical Yoga Post classical Yoga Modern Yoga YOGA FOR BEGINNERS Principles of Yoga The sequence of basic Yoga exercise (Asanas) YOGA FOR WEIGHT LOSS Setu bandh (Bridge Pose) Uthita parsvakonasana (extended side angle pose) Chakki Chalan (Grinding pose) Parivrtta parsvakonasana (Revolved side angle pose) Bhujangasana (Cobra pose) YOGA WORKOUT POSES Bhujangasana (Cobra Pose) Paschimottanasana (seated forward bend) Ardha shalabhasana (Half Locust) Ardha supta Virasana (Half Supine hero) Utkata Konasana (goddess squat) Padangustasana (Toe stand pose) WORKOUT POSES FOR KIDS Urdhva Mukha Svanasana (Upward facing dog) Vrikasana (Tree pose) Adho Mukha Svanasana (Downward facing dog pose) Ananda Balasana (Happy baby pose) Savasana (Corpse pose) YOGA WORKOUT POSES FOR SENIORS Modified cat pose Modified Pigeon pose Lateral sitting twist Warrior pose Trees pose (Vrikshasana) WORKOUT POSES FOR MEN Uttanasana (Standing forward pose) Virabhadrasana (Warrior pose) Nanasana (Boat pose) Buddha konasana (Butterfly pose) Urdhva Mukha Svansana (Upward facing dog) YOGA CLOTHING YOGA JOURNAL Importance of Yoga Exercises Take a Sneak Peak Inside (page 12): "Principles of Yoga Generally, there are five principles of Yoga which form the basis of attaining a healthy mind and body through the practice of Yoga exercises. As a beginner you have to be abreast with these principles for effective participation of the activity. 1. Proper relaxation: Through the process of releasing tension in the muscles and putting the whole body at rest, the nervous system is revitalized and able to achieve inner peace. This makes you feel very much relaxed and refreshed which helps to conserve the body’s energy and let go of all things troubling the mind. 2. Proper exercise: The principle of proper exercise in Yoga is basically the idea of the physical body to move and exercise. When the body is exercised properly, the muscles and ligaments stretches and tones which enhances flexibility of the spine and the joints which eventually improves the circulation of blood. The various Yoga postures are specifically designed to regulate the physical and physiological functions of the body. Take note that the execution of the various Yoga postures is beneficial to the body and also contributes to the spiritual and mental growth." Buy Now & Start Yoga Exercises For Weight Loss Today!

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