

# Yoga, Health and Wellbeing

Yoga isn't about doing something artificial, taking a remedy, changing your life or forcing beliefs. It's about complementing whatever you already do to maintain your good health, and using the techniques to get more of what you're looking for. The practice of yoga works from the inside out. Through its related practices, yoga can be a venue used to find that union that we all are seeking. To reacquaint us with what we have forgotten. To know the self that lies within and to return to a state where there is a connection between the mind, body and spirit.

Many people are initially attracted to yoga for the postures, thinking that practicing them will make them look better, which it can. And others look to yoga after their health begins to deteriorate (lack of flexibility, low energy, system imbalance, arthritis, low self-esteem or depression). And still others as a way to reconnect with their source, explore their true self, to become more aware. And most people turn to yoga for its proven ability to reduce stress, fatigue, mental anxiety, increase flexibility and to learn to be more relaxed.

A regular yoga practice will increase your overall energy, help you to sleep better and provide you with a conscious outlet for unconsciously held physical tension and stress. You will stretch and strengthen the skeletal and muscular systems, stimulate and regulate the hormonal and immune systems, improve digestion, circulation, respiration, and balance energy systems, resulting in a youthful, healthy body.

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