

# Yoga

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# Definition

- Noun
  1. A Hindu theistic philosophy teaching the suppression of all activity of body, mind, and will in order that the self may realize its distinction from them and attain liberation
  2. A system of physical postures, breathing techniques, and sometimes meditation derived from Yoga but often practiced independently especially in Western cultures to promote physical and emotional well-being

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# History of Yoga

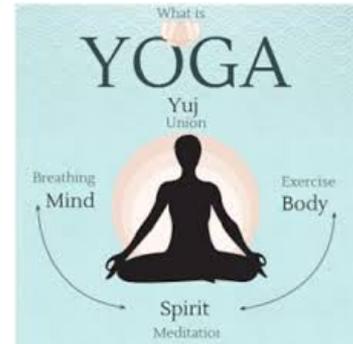


- Yoga dates back to about 5,000-10,000 years ago
- According to legend, Shiva was the first yogi. Shiva reached enlightenment in a place called Mount Kailash.
- The word yoga itself first appeared in the writing of the ancient and sacred texts of Hinduism.
- The word “yoga” came from the root “yuj,” which means “to yoke.”Yoking was a practice used to connect and harness two animals. They would be “yoked” together to then be able to perform tasks such as plowing fields.
- Three paths of Yoga:
  - Bhakti Yoga- path of the heart
  - Jnana Yoga- path of the intellect
  - Karma Yoga- path of work

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# Purpose

- “The purpose of Yoga is to create strength, awareness, and harmony in both the mind and body,” explains Natalie Nevins, DO
- There are more than 100 different types of yoga which include breathing exercises, meditation, and postures that stretch and flex various muscles groups
- Yoga fosters harmony in the body, mind, and environment and professes a complete system of physical, mental, social, and spiritual development.



# Different yoga positions



Warrior



Triangle



Child



Seated Twist



Bridge



Downward Facing Dog



Tree

## Top 10 Yoga Positions for Beginners



Cobbler



Mountain



Upward Facing Dog

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# How does yoga heal?

- Yoga's incorporation of meditation and breathing can improve a person's mental well-being.
- Dr Nevins says, "Regular yoga practice creates mental clarity and calmness; increases body awareness; and sharpens concentration."
- Increasing awareness of the body and self can help early detection of physical problems and allow for early preventive
- You become in tune with your body and your inner self
- Benefits of Yoga:
  - Improved respiration, energy, and vitality
  - Maintaining a balanced metabolism
  - Cardio and circulatory health
  - Protection from injury



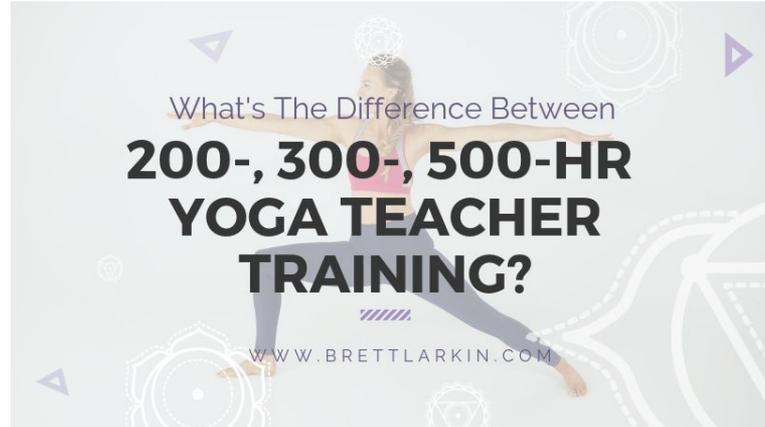


# Who benefits most from yoga

- Benefits people with:
  - High blood pressure (hypertension)
  - Heart disease
  - Someone who has had a stroke
- Yoga has been known to lower blood pressure and slow heart rate. Yoga has also been linked to lower cholesterol and triglyceride levels, and better immune system functions.
- Yoga can really benefit anyone because it helps improve the overall body mentally and physically



# Certifications



- Yoga teaching training courses (YTTCs) are based upon number of hours completed training during the course
- Registered Yoga teachers average 200 hours
  - To be a registered yoga teacher you must have completed 200 hours in the training courses and be a member of Yoga Alliance
- **200 hour training program -> 300 hour training program -> 500 hour training program**
- 200: Foundation of basic knowledge of yoga
- 300: Dive deeper into topics of yamas and niyamas
- 500: Combines entry level and advanced training into one



# References

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