

YOGA for Universal for Health

The practice of Yoga dates back a very long time. Ancient masters utilized yoga as a means to improve fitness and increase spiritual attunement. Historically yoga has been touted as highly beneficial. Many studies have demonstrated physical and psychological benefits. In recent years there has been resurgence in interest and in the practice of yoga.

There are many types of Yoga; some of the more popular practices include:

Hatha Yoga-incorporates plenty of work with the breath, combined with slow easy movements, a general term for physical yoga postures that balance opposing forces.

Vinyasa Yoga-is a rapid paced type of practice and each class is usually different from the last one; a fluid and dynamic style that links breath and movement.

Kundalini Yoga-is more spiritual in nature that involves chanting, breathing, and awakening the energy at the base of the spine and related energy of the Root Chakra. The movements are rapid and sitting is more frequent

Ashtanga Yoga-is demanding on the physical body and also called power yoga, a rigorous and fast-paced sequence of six series of poses.

Hot Yoga (Bikram is one specific brand) is best practiced in a room heated to 105 to 110 degrees. With the “hot” yoga practice the heat allows the muscles to relax and stretch with more elasticity. The heat also encourages and accelerates the body’s detoxification of toxins through sweating. One additional benefit is the capability of working muscle groups on a deeper level. There are two dozen or so postures in the practice (26 precisely in Bikram) Lower temperatures are believed to reduce benefits to some degree.

The overall benefits of Yoga include lubrication of the joints tendons and ligaments in the body; increased flexibility, improved breathing, increased strength, improved circulation, weight control, pain relief, stress reduction and a sense of inner peace. Yoga is said to be the only exercise that touches all human body parts including internal organs and glands.

One recent study at George Washington University compared yoga “students” with a traditional exercise group and found that both groups reported a reduction in anxiety or depression while the yoga control group also reported less joint pain or headaches along with better results with perception of stress. In addition there was an increase in coping skills and mindfulness noted

On Long Island in recent years we have seen an increase in demand that has led to the opening of new studios as more people are seeking access to this beneficial practice.

For more information or help with a personal problem impacting your personal life call.