

YOGA AND HEALTH EDUCATION



DR. RITU CHHETRI



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About

Yoga is a
body, mind and
pure and simple
system of
developing
time. Now
feel the need
in real life
powerful
the senses
emotions
energy
towards
fulfilling
highest
human
being.

A
practice
one's goal
develops
need to
stress of

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About

Yoga keeps ones body, mind and soul pure and alive. Anything pure and alive is naturally beautiful. Retaining the 'natural' beauty throughout ones life is in other words Staying Young. Regardless of your belief system, yoga is a powerful tool to direct the senses, the mind, emotions, and vital energy of the body towards the ultimate fulfillment of one's highest potential as a human and spiritual being.

Yoga is a system that has been developed over several millennia by men and women seeking the meaning of life and an understanding of how best to live it. From their comprehensive wisdom, we have been handed tools for good health, equanimity in emotions and mental peace. In the current era, yoga has become a popular method of exercise and for some, a therapeutic modality for stress, injury, illness, and physical challenges and disability.

A regular yoga practice not only delivers good health but it develops the tools we need to navigate the stress of our world and the trauma of our mortality. The exercises we have come to know as yoga, are in fact, only the first steps towards the ultimate promises that yoga can deliver.

Because yoga is not just exercise, it warrants a special relationship between the teacher and student. Yoga instruction teaches challenging physical postures, sophisticated breath control, behaviour and philosophy.

In this book we have discussed fitness tips through yogic methods, yogic mediation and relaxation methods. Postures and asanas for weight reduction are immensely valuable for the readers.

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PREFACE

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