YOGA FOR WELLNESS & HEALING

Yoga, literally means "join"/ INTEGRATE, based on the root word, "Yuj" (in Sanskrit). Then, the question is, to join what?, and we may think that something is out-of-whack... LET US PROBE INTO THIS SUBJECT HERE...

When we resort to Yoga, obviously, "we want to improve ourselves and believe "that things are not well-together". YOGA is the ancient Indian art/technique for ‘self-improvement’ to bring wellness to our body, mind & society. Yoga is non-religious and uses Mind-Body techniques to achieve this objective, with the help of our "life-force", like "push-starting" a vehicle. According to the recent efforts of documentation from Vedic traditions on YOGA, it has been compiled that there are over 1000 "Yoga Postures"/techniques with specific effects and values to bring out our wellness & health. Therefore, this subject is very vast and our YOGA-school will probe into this for the welfare of our Thuraiapakkam community.

The methodology of YOGA is best learnt from a teacher by interpersonal-interactions and gradual coaching, practice, discipline, diet improvements, and some lifestyle modifications. Anybody can learn to practice Yoga, irrespective of age. A practice session of Yoga involves body warm up, muscle relaxation, special breathing techniques and "pranayama", Yoga postures (at least 10 is used in a fast routine) and concluding with deep/mindful final rest.

The reward of the Yoga-course / routine practice is many to be listed, but the following 10 may be sampling of benefits:
1. Yoga brings about the optimization of perfect health.
2. Yoga calms your mind and helps in maintaining restful alertness in the world of changes.
3. Yoga improves your memory and the capacity of thinking and rationality.
4. When our mind is getting focused by Yoga, we gain new energies.
5. Yoga removes mental/fungal diseases.
6. Yoga improves our respiratory system and brings perfect health.
7. Regular Yoga practice will strengthen our nervous system and bring about perfect tuning.
8. Yoga improves your self-esteem, and your self-control amidst all odds.
9. Yoga enhances your immunity and makes you resist common viral/bac-
K-YOGA SCHOOL

STARTS @ WEST THURAIPAKKAM

“Yoga for Wellness & Healing”
Beginner’s Class, +
“NUTRITIONAL-THERAPY” LESSONS

10 x 2 Hour Sessions – Opens - July 16
Thursdays & Saturdays (7-9 a.m.)

Admission Booking – July 11-14

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[9-11 a.m. & 6-7 p.m.]