




The Art of **BEING YOGI**



SHRF
YOGA BANA




In general when yoga is being talked about, all that comes to mind is just a few postures and movements that would lean your body. But it is beyond those exercises. It has much more to do with your internal well-being, spirituality, your mental, psychological and emotional health. It has much to do with the quality of one's life. This has got a lot many layers to itself.


With regards to the lifestyle changes in the recent past, the nature and demand of jobs lately has spurred the growth of anxiety issues, tensions and stresses. There has to be some element to balance this out, in order to provide meaning to life and add value. Yoga is exactly that element. It is way pivotal to one's well-being, inner satisfaction and happiness. A learner of yoga and other meditative practices is usually referred to as a yogi. The methods could be different, though

Etymologically, yogi in vedic sanskrit means “to join”, or “to add” or “to unite”. The unison with the supreme being is being referred to, in here. The practitioners of yoga and its forms vary as per differing religious beliefs. However, it is some amalgamation of those unknown elements which separates a true yogi from a person who simply practices yoga. Here is when one needs to delve deep to understand and practice slowly the art of being a yogi.

LIFE BEYOND THE BODY

Different people have differing perceptions and understanding of yoga and of course being a yogi. The paths may be different but the idea of uniting with this universe, finding pleasure in little things, realising the joys of this world is more towards being a yogi. More focus on the self is made than being just





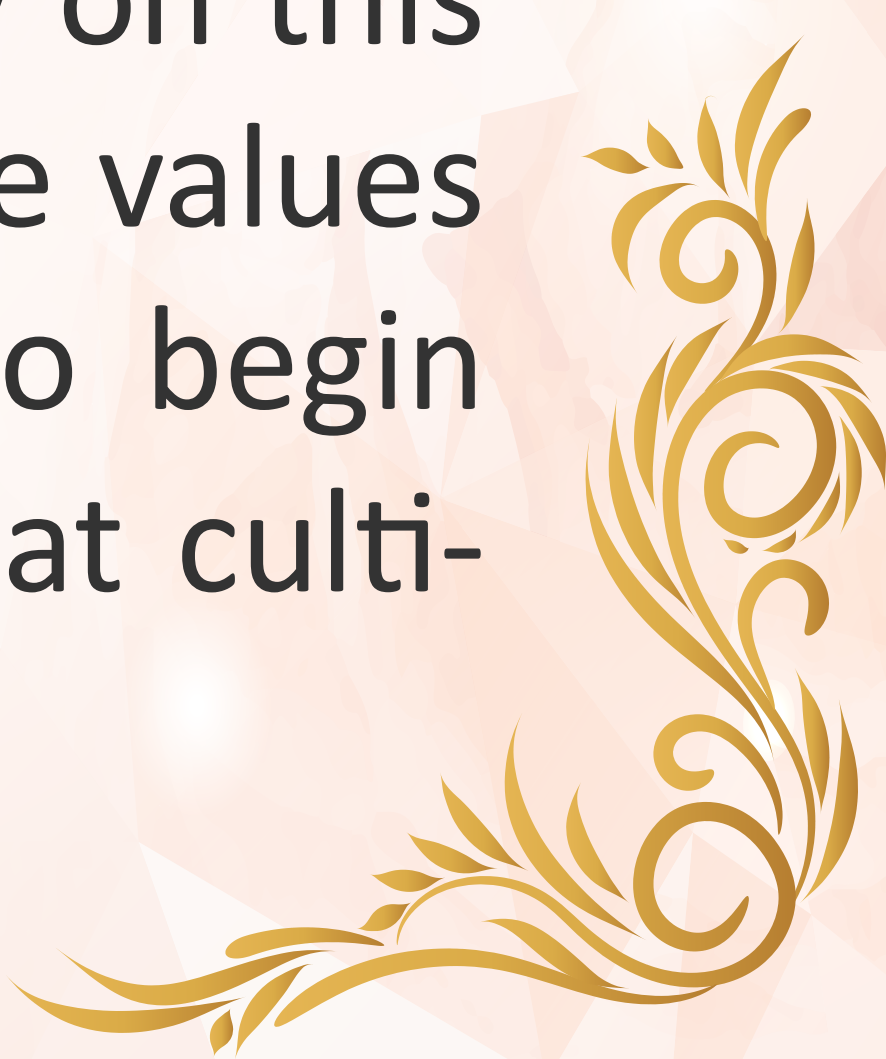
physically active. Practising yoga and learning it for physical well-being is one thing while realising it and feeling it with one's energies is another.

A deep understanding and acceptance of life beyond your physiology is vital for improving one's art of being yogi. The mere realisation of one's control over things beyond their body is crucial to understand. It is more like striving to attain that infinite wisdom. This surely cannot be done away with doing just physical exercises. It requires one's realisation, acceptance, and something extra beyond physical activity. It requires your consciousness, awakening of the conscience and more.

Being a yogi may or may not involve practising yoga only. Yes! It might sound astonishing but there are people who are on their way of attaining their inner wisdom and inner calm, through meditation, with their conscious little changes in their lifestyle. So as said before, being a yogi is beyond just the physical aspect. It has numerous layers to fill into and multiple levels to reach to.

WAYS TO LIVE A YOGIC LIFESTYLE

When one has decided to live a yogic life, it is equally important to understand as to what constitutes a yogic life. A yogic lifestyle is a comprehensive aspect involving the minutest of details in the way you live. It begins with the awakening of the self and realizing the relationship we have with everybody on this planet and ultimately the universe. It requires all those values of integrity, commitment, self-awareness and alike to begin with. So it should include anything and everything that cultivates inner peace.





HERE ARE SOME WAYS TO AID IN YOUR PATH OF BECOMING A TRUE YOGI:

- 1** Focus on your diet: Initially, realizing what you consume is important. Switch to healthier options, which are not just wholesome for your body but for this planet as well. Try including more plant-based diet, ones which are ethical, clean and most importantly healthy.
- 2** Physical activity: Choose your yoga style and carry it on forever. It could be just one or a combination of asanas.
- 3** Try to incorporate values: A yogic lifestyle will always include values like integrity, kindness, compassion, truthfulness and alike. Try to realise where you lack and keep practising the same.
- 4** Be aware: Being aware of what you consume and don't, is important to be known. Try to limit your waste as much as possible. Try being minimalistic and limit the amount of waste you produce.
- 5** Understand and realise: Sit down and realise to the needs of your body, mind, soul and even the spirit. Read stuff that will align you on the path of becoming a true yogi. This could involve as little as what you think to what you wear. Everything depends on your understanding of being a yogi.



Yoga is more than an aspect of a lean, well-maintained body and seeps down to the mind and soul. The philosophies and approaches behind becoming a yogi might vary but the ultimate goal remains the same. There are no doubts when becoming a yogi is attributed as an art. As it is a continuous and evolving process that one has to undergo to master the art.

Choosing consciously over your regular choices can help you tread on the path of becoming a true yogi. It is simple yet something that can be polished over years of continuous practice.



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