



SHRF
YOGA BANA

HOW

YOGA

CAN CHANGE YOUR LIFE





Yoga is one of those things that embraces a person as they are, with all their flaws and faults. It celebrates the union of soul and body and is devoid of any earthly bounds like gender, age or religiosity. Anyone of any age in any part of the world is free to practise it. Many choose to practise it in times of adversity and as a last resort. But lucky for them, Yoga has the power to change a life.

Will your life be completely transformed? Or will you wake up one day and feel like a different person?
The answer is uncertain.

Yoga doesn't obey a rule book, and that's the beauty of it. But it always transforms a person in a better way, regardless of the intensity of that change. Yoga becomes a part of your existence subtly, and you notice these changes in your life over time.

Maybe it makes you more observant, or break toxic habits or let go of a trauma you have been holding onto for a long time. But most importantly, it connects you with yourself in the most wonderful ways.





How Yoga Transform Your Mind

Various researchers that studied MRI scans of long-term meditators have concluded that practising Yoga for more than a decade can structurally change the brain.

It was observed that the yogis who have been practising Yoga for 30 years or so possessed more Gray Matter density. To put it shortly, they possessed more logical and reasoning skills, along with enhanced memory and low-stress levels. It's not something extraordinary, but simply the power of practising healthy habits that leads to such results.

Regularly practising Yoga brings clarity, calmness and a sense of uniformity to life. You begin to reason things not just with emotions but also with logic and understanding. And as a result, it lowers your stress and anxiety levels.





How Yoga Transform Your Body

People often measure the success of anything by its visible benefits, and Yoga is no exception. Many practise it to heal from a chronic illness, relieve pain, improve body circulation. Some of the common benefits of Yoga on the body are:

Builds Core Strength

Yoga postures, when practised over time, build body flexibility, muscle strength and improve body posture. It has also been observed that yoga practitioners have higher stamina and energy levels as compared to others.

Asanas like Chaturanga Dandasana (Four limb staff pose), Navasana (Boat Pose), Vrakshasna (Tree Pose) help in developing shoulder, legs and back strength.





Improves Circulation

One of the common causes of death is poor blood circulation that eventually leads to various heart diseases. Regular yoga practice can help people who suffer from mild to moderate hypertension.

Asanas like Uttanasana (forward bend pose), Viparati Karani (Legs up to the wall pose), Sethubandhasana (bridge pose), Shavasana (Corpse Pose) are known to help people who suffer from high blood pressure.

Boosting Energy

As Yoga decreases the stress level and focuses on developing healthy habits, body energy levels automatically rise, and the person always feels energetic at the end of their session.

Balancing Asanas like Bhujangasana (Cobra Pose), Anjaneyasana (Low Lunge Pose), Malasana (Yogi Squat) are perfect for boosting energy and improving/ correcting the body posture.





How Yoga Transforms Your Soul

The most important aspect of healing through Yoga is attaining mindfulness. Mindfulness is a state of being fully aware of your internal environment, i.e what you're feeling, why you're feeling and what are you going to do about it.

We all naturally possess the power of being mindful. But as life is full of distractions, many of us drift further away from this state as we become more engrossed in what we call 'life'.

In Yoga, you learn how to deal with negative emotions. Instead of avoiding it, mindfulness focuses on letting it go. With time, you become calmer and more patient. And hence, it improves your relationship with yourself and others.

Lastly and most importantly, Yoga teaches you to deal with uncertainties and hardships. It teaches you to make peace with the downs of life and approach the problems more calmly and reasonably.





Sarvah Kshema Hospital and Research Foundation

C/O YOGA BANA, DIVINE PARK TRUST (REGD.)
SALIGRAMA-576225, UDUPI DISTRICT.
Ph: 0820-2565406, 7829989611

