



YOGA

-The way of Life

SKYWINGS INTERNATIONAL SCHOOL

Yoga

is the journey

of the self,

through the self,

to the self.

- The Bhagavad Gita

What is YOGA?



Yoga is physical, mental and spiritual practices which originated in ancient India with a view to attain a state of permanent peace of mind in order to experience one's true self.



• Stretches and protects your spine

• Brings harmony to your life

• Keep your muscles strong

• Calm your nerve system

• Increases your blood flow

• Improves your reaction

• Prevents joint problems

• Increases concentration

• Improves your posture

• Helps you to sleep well

• Improves metabolism

• Relieves depression

• Increases immunity

• Makes you happier

• Makes you flexible

• Helps you to relax

• Improves your heart rate

• Makes you stress-free

• Strengthens your bones

• Improves your memory

• Normalize your blood pressure

• Helps you to normalize your weight

Benefits of Yoga

Surya Namaskar



videolink : <https://www.youtube.com/watch?v=kS4YA1z8fsc>

Benefits of Surya Namaskar

- Tones muscles and improves flexibility.
- Great cardio training and hormonal balance.
- Improves digestion and promotes weight lose.
- Increase energy and awareness levels.
- Enables better absorption of Nutrients.
- Brings emotional stability and improves anxiety.
- Improves skin's glow.
- Brings down blood sugar level.

PRANAMASANA

HASTA UTTANASANA

HASTA UTTANASANA

UTTANASANA

YOGA

SURYA
NAMASKAR

SUN
SALUTATION

ASHVA SANCHALANASANA

ASHVA SANCHALANASANA

ADHO MUKHA SCHWANASANA

BHUJANGASANA

ASHTANGA NAMASKAR

URDHVA CHATURANGA DANDASANA

ANULOM VILOM



Benefits of Anulom Vilom



- Treats snoring.
- Controls obesity.
- Beneficial for arthritis.
- It treats constipation.
- Controls allergic problems.
- Manages blood circulation.
- Improves muscular system.
- Diabetics can be controlled.
- Maintains digestive system.
- Blood pressure can be cured.
- Decreases stress and anxiety.
- Effects on brain positive thinking.
- Helps in making heart health healthy.
- Transfers negative to positive thoughts.
- Increases pure oxygen supply throughout the body.

Vajrasana

The practitioner sits on the heels with the calves beneath the thighs. There is a four finger gap between the kneecaps, and the first toe of both the feet touch each other and sit erect.



videolink : <https://www.youtube.com/watch?v=82p0aGNJSF4>

Benefits of Vajrasana



- Improve blood circulation
- Improve posture
- Better digestion
- Helps in weight loss
- Improves focus and concentration
- Can help with arthritis
- Produces energy
- Keeps you calm
- Deals with anxiety and stress
- Increase leg muscle strength and its flexibility

Matsyasana



Videolink : <https://www.youtube.com/watch?v=hxkPUJNLwB0>

Benefits of Matsyasana

- Better spinal health
- Beneficial for thyroid
- Toned glutes
- Lightens mood
- Beat the stress
- Healing from within
- Weight loss



OM Chanting

A silhouette of a person in a meditative pose (Padmasana) is centered in the background. The person's chest is marked with a large, glowing orange and purple OM symbol. The background is a soft, warm gradient of yellow and orange, suggesting a sunrise or sunset over a body of water.

Benefits:

- Improves concentration
- Reduce stress and anxiety
- Rejuvenating and pacifying
- Gives strength to spinal cord
- Detoxifies body
- Improves functioning of heart and digestive system
- Ensures sound sleep
- Makes you emotionally stable
- Improves reasoning ability and reduces negativity

Yoga techniques calm your emotional state
in the these tough times of coronavirus fear

H O M E

As Covid-19 scare grapples the whole country, people are getting concerned about their health. While practicing good hygiene is a practice everyone must adopt, the one thing you can really do is to look for ways to boost your immunity naturally.

Yoga is one way you can naturally uplift your vitality without having to step out of the comfort of your home during this lockdown.

S A F E

