



Yoga

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What is yoga? The term "yoga" comes from the Sanskrit root yuj and means to connect together to integrate. Yoga symbolizes the union of body, mind and soul. If you feel physically well, reflects this sense of wellbeing is also reflected in your spirit and your soul. Yoga is suitable for people who want to deal with themselves and want to improve their physical and mental condition.

Yoga as a way Yoga is a way to mobilize the innate, healthy forces. Yoga exercises for it is characteristic that they are executed in a meditative way, ie slow, smooth and free of ambition - with an inwardly directed attention. This is body control and agility training as well as increased sensitivity to body awareness.

Yoga as a target The goal of yoga is the integration of the personality at all levels, being understood to mean all that personality is what makes a person: body, mind, intellect and behavior. You learn as a practitioner your personal boundaries and respect the opportunities to know, and persistently expanding.

Yoga is not Yoga is not a religion but a philosophy of six systems of India. Yoga is not bound to any nationality or to any particular social class. All people, regardless of their cultural background, their psycho-somatic disease or age can practice yoga. Yoga is not therapy! Yoga is a way to self-development, which leads to the inside. It all practitioners will be left to individual freedom, its own rhythm, its own time frame and the depth of their own self-determined. In yoga alone among their own experiences. The decisions of each to be fully respected. Yoga is not a panacea, and no "enlightenment pill", you can consume the by-the-way to be "freed" to be.

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