

The image features a woman's midsection in blue athletic wear, with a measuring tape around a red apple in the foreground. The background is a bright blue gradient with a green diagonal line.

YOGA WORLD

BOOK ONE

The Beginning

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Yoga Introduction

The people that have not started Yoga always seem to question, why? Those that do it seem to say why not, and enjoy it for life. However, many people are relectant to experience the physical, emotional and psychological health benefits of yoga, and there is really one major reason for this misinformation.

In that light, this book is created with one goal in mind, to demystify yoga for you, and provide you with a clear, simple, and for a clear introduction to the subject.

In addition, even if you have experienced some kinds of yoga, this book will reignite your interest in the topic and reattach you to a mode of body movement and mind forms that has lived in the ancient lands for many years. While there are indeed different schools and streams of yoga- there are actually hundreds of them and they have all managed to co-exist quite peacefully together.

The word yoga comes from the Sanskrit term YUG, which means: to yoko, bind, join or direct one's attention. In essence, yoga is most commonly understood as conscious living of tapping into one's inner potential for happiness.

What yoga isn't! Yoga is NOT callisthenics. While it is true that yoga involves many postures- especially in Hatha yoga- there are only intended to make people get in touch with their inner feelings.

Essence of Yoga

Virtually all yoga science and philosophy states that a human being is but a fragment of an enormous universe, and when this human being learns to "communion" (sharing intimate thoughts) with this vastness, then he/she attains union with something that is bigger than themselves. This attachment or tapping into something bigger this enables one to walk the true path of happiness. And with truth comes realization, but to attain realization our words, thoughts and deeds must be based on truth.



Yoga- Physical Health

If you have come here looking to understand yoga as a means to help your body heal or improve, then please don't worry, you have come to the right place. Yoga is indeed a process that involves releasing blocked tension and energy in the body and helping make the muscles, tendons, joints, ligaments and all other components work to their utmost potential. Yoga believes that you are optimally designed, by nature, to be flexible and agile, as stiffness and lack of mobility only arrives when the body is unhealthy or out of alignment.



Physical Benefits

- 1) Reduce pain in joints and muscles
- 2) Increase metabolism (helps weight loss)
- 3) Increased flexibility and range of motion
- 4) Stronger immune system
- 5) Stronger lung capacity
- 6) Higher quality of sleep





Is Yoga for Me?

Given that certain yoga practice requires postures to be mastered, yoga has always helped promote the body's flexibility: it also helps in lubricating the joints, ligaments and tendons.

Yoga detoxifies by increasing the flow of blood to various parts of the body.

It helps tone and strengthens muscles that have grown flaccid and weak.

So please do keep in mind that, while is often discussed in terms of its mental approach, there are clear and proven physical benefits that are a part of this approach.

Therefore, if weight loss is your goal, or the ability to shovel the snow in the winter without having your back ache for days, then yoga is as viable an option to you as it is for the stressed-out corporate executive who needs to find a strategy for coping with the craziness in his/her busy life.