

Ino sama

# Yoga - How to Get Started

*Exercises, Tips & Tutorials*

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# Introduction

Yoga is not just a workout, it is a holistic and multifaceted teaching on knowing yourself and the world around you, which has a thousand-year-old history. This science is very specific, it contains many specific exercises and techniques that allow you to realize your inner potential, to reveal the colossal physical and mental capacities inherent in each person, to keep in excellent physical shape.

Education not only helps to improve physical health, to acquire a strong, slim and durable body, but also allows you to fully realize yourself in all

spheres of life - in work and study, in career and business, in family and interpersonal relationships, in personal development and many other areas of human endeavor.

While doing yoga, a person leaves the "gray everyday life" to enter a new absolutely fantastic and magical world, becomes more and more open, sincere, kind, begins to live a brighter, richer and more life. more fulfilling.

## **The benefits of regular yoga practice**

Doctors say that a complete yoga workout will help keep your back and joints healthy, as well as improve your posture, strengthen muscles, stretch tendons, and improve balance. It also has a revitalizing, relaxing and rejuvenating effect on your body, because every activity is a relaxation.

Plus, a special breathing technique will calm your mind and help you get to know yourself and your body even deeper, allowing you to move more easily than before.

More and more studies in recent years show the vast health benefits of yoga.

- **Reduces Back Pain:** Weekly yoga classes relieve lower back pain and also help prevent all kinds of muscle and tendon sprains.
- **Strengthens Bones:** A study found that those who regularly practice yoga have increased density of thighs and spine bones compared to those who do not practice yoga regularly.
- **Improves Balance:** A study in male athletes showed that athletes who did yoga for 10 weeks significantly improved their sense of balance compared to athletes who did not alter their standard workouts.