



How Yoga Can Change Your Life?



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YOGA AND LIFE

Everybody wants change-within & around. There are many variations to this understanding as well. However, very few are willing to work on it. While a few seek means to bring about the change, many others are clueless about this desire. So how do you ensure you are actuating what you are treading on? The answer lies in yoga.

So if there is one habit or investment you must make amidst this new year blues, it has to be YOGA! Undeniably and undoubtedly yoga as an exercise, art and science is the best bet one can begin the new year with. It is sure to bring you not just physical fitness but elevate you through many more dimensions. It will bring the change you are seeking.

Yoga as a way and as an exercise both is something that will only get the better of you. It is an approach towards life, focuses on your breathing, gets you in shape, makes you aware of your true inner self and the list is endless as to what yoga can boil down to.

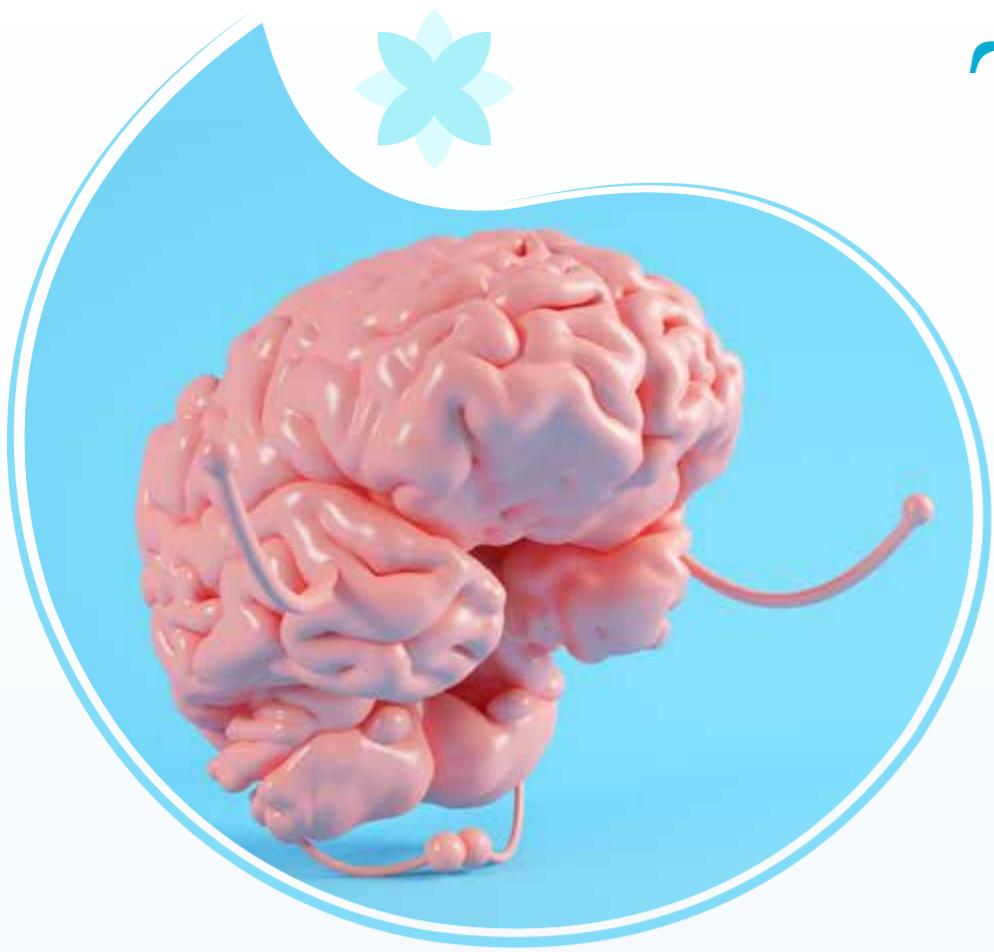
Having talked much about this ancient hindu art, it is equally important to understand how this art finds its relevance even today. It all matters due to the capricious world we live in, today. We all are well and probably over-informed about the world but not about our own inner-selves. We can blame the constant babble that happens around us wherein we are consciously or unconsciously involved. All this clutters our mind and then we tend to seek relaxation through some not so impactful effective kind of ways. This might help in the initial levels but won't wither away the pain for once. Something more impactful and effective needs to be worked out. Yoga is definitely an answer to all these.

Another perspective or reason to include yoga in your life is to align your energies with your physical fitness. You might be faring well in your life, but not optimally. Yoga can help you elevate your energies to a higher version of yourself. Let us explore how yoga can work on changing your life.

It is all about how you perceive your transformative journey and also your purpose of incorporating yoga in your life. Many people limit practising yoga to mere physical fitness rather than imbibing it for other purposes. While the range and scope of yoga can be expanded to being your best. It all wraps up to how you use yoga as a resource.



The 'Mental' Angle



Have you ever noticed the sheer tranquillity and a peaceful aura that instantly hits your mind when you talk about yoga? You immediately imagine sitting at a quiet place and suddenly you tend to appreciate the beauty of nature. You can feel exactly this way at every moment of your life when you delve with yoga.

Yoga brings about a great connection with your mind and soul. You tend to work on your issues with a better capacity and a high level of awareness. Yoga enhances your focus levels. In the entirety, yoga heals you on all mental issues.

The 'Physical' Angle



Your body is a machine and keeping it well-oiled is crucial. A well-functioning body would encompass physical fitness, mental well-being and seeps down to spiritual and emotional peace as well. This realisation makes it a responsibility to ensure everything works in tandem. Practising yoga can help you realise this responsibility with full capacity.



The 'Spiritual' Aspect



Even though you are physically fit, mentally stable and highly capable, you might be unable to accept your inner wisdom. While you practise yoga, it relaxes you to the inner core. There are a lot many poses that are specifically meant to amplify your spiritual levels. Ultimately it brings in a lot more clarity than ever before. The exercises ensure you experience peace and tranquillity at all levels.

The recent times have challenged us a lot, in almost every sphere of life. With so much uncertainty, anxiety, tensions, it has been challenging for people to discover or deal with their inner demons. The issues that they might have

dealt with in the past with ease have resurfaced in enormous manners. Hence it needs solutions like yoga to heal and deal with our inner issues. You need to feel at peace and practising yoga can help you achieve this freedom-free from all kinds of negativity, uncertainty and alike set of emotions.



How does yoga help in Prevention, Relaxation And Rejuvenation?

Depending upon when and in which form you include yoga in your life, you will begin to experience certain levels of calmness. This calmness will allow you to raise your inner energy levels to a point wherein you can deal with any kind of issue. Once you deal with anything that's bothering you, you are on a journey of preventing the pain, getting relaxed and feeling rejuvenated after. This entire journey continues to be a part of your healing and growing process.



Prevention

Prevention is nothing but trying to maintain an optimum level of physical fitness. Yoga can certainly let you reach these levels with ease. Being physically fit is one of the foremost requirements of being mentally, spiritually and emotionally fit as well.

The postures ,exercises are designed in such a way so as to keep you fit and keep all the internal systems functioning at their best. If you are able to escape and rise over common health issues with the help of yoga, it allows you to live your life at your best. Talking particularly about COVID-19, there are certain yogic kriyas which can be practised to strengthen your lungs and boost your immune system.

Relaxation



Naturally, once your body relaxes due to well blood flow, optimum heart rate and everything working nearly perfectly, you can move towards inner peace. Since yoga also involves focus on breathing, it is sure to calm your nerves and amplify your inner peace.



Rejuvenation

Once you overcome and deal with your issues, a new and better form begins to thrive inside you. This version is pro-changer, well-informed, and fully aware of the inner self and outer self. This is an indication of you treading rightly on the path of the change you wish to bring about. Rejuvenation is the growth that will occur once you become one with your inner peace.

It's all about the change that one is seeking. It's all about evolution, growing up and polishing the skills sets, personality as a whole. There can be hardly anyone who would question anything about yoga. It is sure to be a benefactor for your body & soul. It's perfect for your newer version that is more focused, aware and at peace with one's energies. Practise yoga and bring out the change in your life with positive energies to follow.

Invest in yoga and experience the transformation.





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