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Advantages and Disadvantages While Practicing Different Asana in Yoga by Stuart Owens

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Yoga is a different kind of exercise that has been practiced for more than five thousand years now. People who practice yoga were able to keep themselves hale and healthy. Yoga not only helps in keeping our body fit, but keeps a balance of mental status as well. Practicing yoga helps us to concentrate well in our work and brings success in most of the activities we undertake. Yoga was original practiced in India and originally belonged to the Hindu religion. However the word Yoga is associated with meditative practice in Hindu, Jain and Buddhist Religions. Today, yoga has spread to different parts of the globe and many Americans follow yoga practices regularly.

Most western countries provide yoga classes at a large scale and focus mainly on the Physical poses. These physical poses are often called Asana. There are different kinds of asana. While some of the asana is easy and can be learned and performed by any one, some of them are extremely difficult. The main concept behind doing these asana is breathing. It is extremely important to breathe in and out in a systematic manner while performing these asana. This form teaches you different techniques in breathing as well. The breathing is also associated with getting a posture correct and it is easy to get to that posture if out breathe in systematically. Yoga also teaches you to move your body in new postures. Most people would have felt that these postures are difficult, while when in practice this becomes really easy. Hence by developing these techniques of moving you not only gain better health. It helps you strengthen different parts of your body. It also makes your body flexible and provides you a good balancing structure.

It is highly important to take up yoga practices very seriously. Many people do yoga like and exercise and as a result are injured in many forms. Yoga sometimes has side effects as well when not performed in a constructive manner. Most of the time people get their neck, shoulders, spine, legs and knee injured due to improper practices. These parts of the body get overstrained due to imbalance when you do it repetitively. While some of the asana cause severe osteoporosis, high or low blood pressures, ear problems, spinal problem and can be sometimes injurious to pregnant woman. It is because of these reasons to learn yoga in a proper manner. It is always good to undertake a proper training.

On the other hand yoga can provide us the best results. Yoga is also a kind of medicine for numerous diseases. While it creates high and low blood pressure, it has the capacity to free a human body from these. There are a lot of asana for depressed people. Today, if we browse through the Fast Internet we can find numerous websites about yoga. Most of these are framed for the betterment of the depressed people who are filled with stress. People can get out of stress while practicing asana regularly.

Today, institutions have come up all around the globe. Each of these institutions teaches yoga every morning and evening. Some of them have weekend schedules as well. Most working people living in different parts of the world have understood its benefits. Hence, they are ready to attend these classes without fail. Many people practice this at their homes as well. They buy DVDâ€™s which act as a guide to perform some of these simple asana and they have benefitted out of these. Meditation is also one of asana that is practiced in yoga. This is one the easiest and does not have any side effect.

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Stuart is a freelance writer who has written articles on health and fitness. He is inspired while reading about yoga on his internet powered by a Fast Internet. He wants to share some of his views about practicing Yoga

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