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Experiencing Heavy Emotional Burden? Try Yoga by Assisted Living Facilities In San Antonio Texas

Article published on May 17th 2012 | Health

Are you currently dealing with heavy responsibilities in your life? Are you trying to find a quality "me-time" when all you need to do is relax, meditate, and think positively about what you're facing? If writing on a diary, eating ice cream in the park, or taking a stroll in the nearest beach is not enough, then perhaps yoga is the right solution for your worries.

Yoga as a physical, mental, and spiritual discipline originated in India and became popular in the US in the late 19th century. It is associated with meditative practices in both Hinduism and Buddhism, and aims to attain a quality spiritual insight and tranquility while meditating. It can help achieve personal freedom, health and longevity, and heightened self-understanding after several sessions.

The entire yoga structure is built on exercises, breathing, and meditation. The exercises are designed to stimulate the body's glandular systems to increase its efficiency and improve overall health. The breathing techniques come from the philosophy that the breath is the body's source of life. With proper exercise and breathing, the body and mind can easily approach meditation and promote healing from stress to produce a strong body and a clear, serene mind.

Hundreds of yoga versions exist in the world, but Bikram and Hatha are among the most popular forms. Bikram yoga, focuses on muscular strength and endurance, cardiovascular flexibility, and weight loss. It is involves comprehensive exercises executed in 95 to 105-degree temperature environments. Hatha, one of the basic yoga forms, incorporates posture, regulated breathing, and meditation to achieve self-enlightenment.

Have you ever heard of the mind and body connection? This concept simply states that the body affects the mind and vice versa. As science has already established, emotions lie in the brain's amygdale. If your emotions are going haywire, and you want to calm them, pacifying your mind is the logical solution. You start to think happy thoughts and achieve peace of mind when you visit a studio that offers lessons in yoga in Berkeley.

Studios for yoga Berkeley residents go to offer a wide range of workshops and sessions for emotionally-burdened individuals like you. The yoga instructors and you can talk about your concerns and later on determine which type of yoga suits your specific needs. The thought of almost dislocating your limbs just to feel at peace may sound funny at first, but hey, why not try it?

You will know how much yoga can make you feel relaxed, refreshed, and happy after a few workshop sessions of yoga Berkeley CA studios offer. You might even have a friend in your class. For more information about yoga, you can visit americanyogaassociation.org and matsmatsmats.com.

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Article Keywords:
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