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Mirch Lifestyle, a one-stop content based one-stop support system that brings multi-faceted information from various aspects of an individual's lifestyle. To improve lifestyle, it suggests that this time, don't think of lifestyle change as a resolution but as an evolution. Lifestyle is the keyword for well-being and with the latest lifestyle issues it is one of the best ways to improve your way of life. From the yogic perspective, health does (healthy habits) not just mean a disease free body. This ancient science believes in a holistic approach to health of which the body, mind and spirit are integral and interdependent parts. Yogic Lifestyle support assures that Yoga endows perfect physical, mental and social wellbeing even under stressful conditions. Yoga is a good beauty tip which is widely discussed about in various beauty tips articles.

Mirch Lifestyle discusses the 'Main Dimensions of Existence - Koshas' and suggests techniques to make long-lasting and positive lifestyle and behavior changes from Yoga:

i. Annamaya Kosha: First dimension is the material body. Anna means 'food', 'manifest matter'; maya means 'full of'. Annamaya kosha consists of our gross physical body.

Tip: To harmonize and experience optimum health in the different energies and functions of the physical body the Annamaya kosha, Mirch Lifestyle suggests practicing Asana, Pranayama and the Shatkarmas which can help to purify and detoxify the body.

ii. Pranamaya Kosha: The next layer of experience is Pranamaya Kosha, movement of the pranic force directing our physical and mental activities. This movement happens through nadis or channels, conductors of energy which are controlled by the six chakras.

Tip: To deal with energy system, Pranamaya kosha, Mirch Lifestyle recommends practicing the techniques of Pranayama, Pranavidya, Chakra Shuddhi, Kriya and Kundalini, which will help to channel the flow of energy throughout the system, to stimulate and awaken the prana.

iii. Manomaya Kosha: This is the dimension of mental awareness. This mental dimension is composed of two qualities, manas and buddhi. Manas are the rational, linear, sequential, thoughtful mind. Buddhi is the quality of discrimination which comes after knowledge, after the removal or the absence of ignorance.

Tip: To manage the activities and balance the agitations of Manomaya kosha, yoga says practise Pratyahara, Dharana, Mantra, Yantra and Mandala, SWAN Meditations.

iv. Vijnanamaya Kosha: 'Jnana' means 'wisdom', 'knowledge'; the prefix 'vi' is a confirmation of the intensity of knowledge which is derived not only from the experiences and memories which we have gained in this lifetime, but also in past lives.

Tip: To experience the power and force of Vijnanamaya kosha, Mirch Lifestyle suggests practicing Dhyana, Laya yoga and Nada yoga. We need to realize that there are ways to regulate our lifestyle. Yoga is one of the best ways as per Mirch Lifestyle experts. Regulation of lifestyle is the keyword here for the well-being of the human personality.

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