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It includes meditation to attain mental tranquility and eccentric body formations to achieve better health. In the present times, Yoga has been popular among different nations and different races because it is proven to be beneficial to the health. It is also said to cure a number of health problems such as muscle pains, stress, and abdominal problems.

Yoga as an Art

Apart from being an alternative remedy to numerous health problems, Yoga is also considered as an art. There are people who find beauty from the physical formations this discipline requires. In this type of art, the artist needs no medium but his body. The movement of the different parts of the body, the stretching, and the combination of different postures creates an aesthetic appearance.

There are people who believe that yoga is not just a physical practice, but also an expression of the self, and the channeling of the emotions to create a certain kind of harmony. Some would even think that yoga is one way of telling a story, that each posture tell a statement. Many have become fascinated by artistically done yoga poses--their simplicity and intensity have been tried to capture and illustrate by artists and ordinary people alike.

Yoga Captured in Photos

Different media have been tried to use to capture the beauty of yoga. Paintings, literature and photography are used to illustrate the story stated by yogic positions. But among these, fine art photography is probably the medium that is often used to present the art of Yoga. With the help of the technical wonders of photography, the fluid movements done in Yoga can be turned into still images.

The uniqueness of yogic postures is what probably attracted photographers and other visual artists. Yogic positions are not what people see in everyday living. Yoga seems to exemplify something mysterious, something not commonplace. The mystery that lies in these eccentric body postures are perhaps what prompts photographers to take yoga images that are truly aesthetically appealing--images that might be new to many spectators.

Indeed, yoga art can be considered as a sublime art--it has transcended generations and never failed to bring awe to people who see it. It is not only the art of executing fluid movements but also the art of living and art of meditating. Definitely, this is something worth capturing.

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If you have questions, please visit us at www.JamesWvinner.com for complete details and answers.

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