

WORLD YOGA DAY

Yoga is an ancient physical, mental and spiritual practice that originated in India. The word 'yoga' derives from Sanskrit and means to join or to unite, symbolizing the union of body and consciousness.

The International Day of Yoga aims to raise awareness worldwide of the many benefits of practicing yoga.



Yoga Asanas Dos:

- A well-rested body responds to yoga better so ensure you get sound sleep the night before and start early in the morning.
- To get the best out of your yoga asanas practice without taking any meals or eating anything.
- Yoga asana practice should be done in a neat and clean room.
- Ensure that before you start your yoga asana practice spread a yoga mat or blanket on a levelled flooring.
- Yoga asanas are to be done calmly in an unhurried manner without exertions, stress or strains.

Yoga Asanas Don'ts:

- Don't do rigorous or strenuous exercises after performing your yoga asanas.
- Please refrain from your regular yoga asana practice especially during your menstrual cycle (PMS) and during pregnancy perform asanas only after consulting your physician and your experienced yoga teacher.
- When suffering from fever, weakness or illness or any surgery refrain from Yoga asana practice. Also don't over-exert your body if you are suffering from fresh sprains, strains or fractures. Rest adequately and only after recovering fully and ensure to consult your physician before you resume your yoga practice.
- Kids below five years of age should not be taught or forced to practice yoga.
- Don't consume alcohol or use drugs when doing yoga.