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یوگا کیا ہے؟

یوگا بھارتی مذہب، لوک گیتوں اور ملکی ادب کے ساتھ بہت مضبوطی سے جڑا ہوا ہے۔ فرانس کے ایک سکالر پروفیسر مین اوڈل نے یوگا کو بھارتی ثقافت کی مستقل بنیاد قرار دیا ہے۔ اور اس میں کوئی شک نہیں ہے کہ جدید بھارت کی سپرٹ قائم کرنے میں یوگا نے ایک اہم اور مؤثر کردار ادا کیا ہے۔

یوگا ایک بے حد قدیم فن ہے، وادی سندھ کی تہذیب کی تلاش میں

Different Types of Yoga Asanas and Their Benefits



Yoga is about stretching our body in different forms and meditation. This helps us to reduce our weight and to keep maintain a healthy body. We should do exercise or yoga in morning and evening daily to keep our body fit and healthy. But if you main aim is to reduce maintain then you have to be very patient for the final results. Many people opt for surgeries and heavy exercise for weight loss but that can be an invitation for dangers. And one can suffer long lasting diseases or other side effects. Thus one should opt for yoga to reduce excessive weight, stress and anxiety.

Yoga is not only improves our health physically but mentally and emotionally also. This improves our mood and calms our mind. You will become more happy and get a peaceful mind by doing yoga. Hence one should always do yoga. This is something that you must start your day with. Morning yoga is amazing for body and soul. There are countless yogasanas and it is really difficult to choose the best amongst them after all every yoga pose is too much beneficial for our body and mind. Though there are many types of yoga poses but you should start from some stretching yoga exercises that will help you to do further asanas without any difficulties. So, here are some stretching yoga exercises that you must do.

Slow Stretching Yoga Asana for Neck

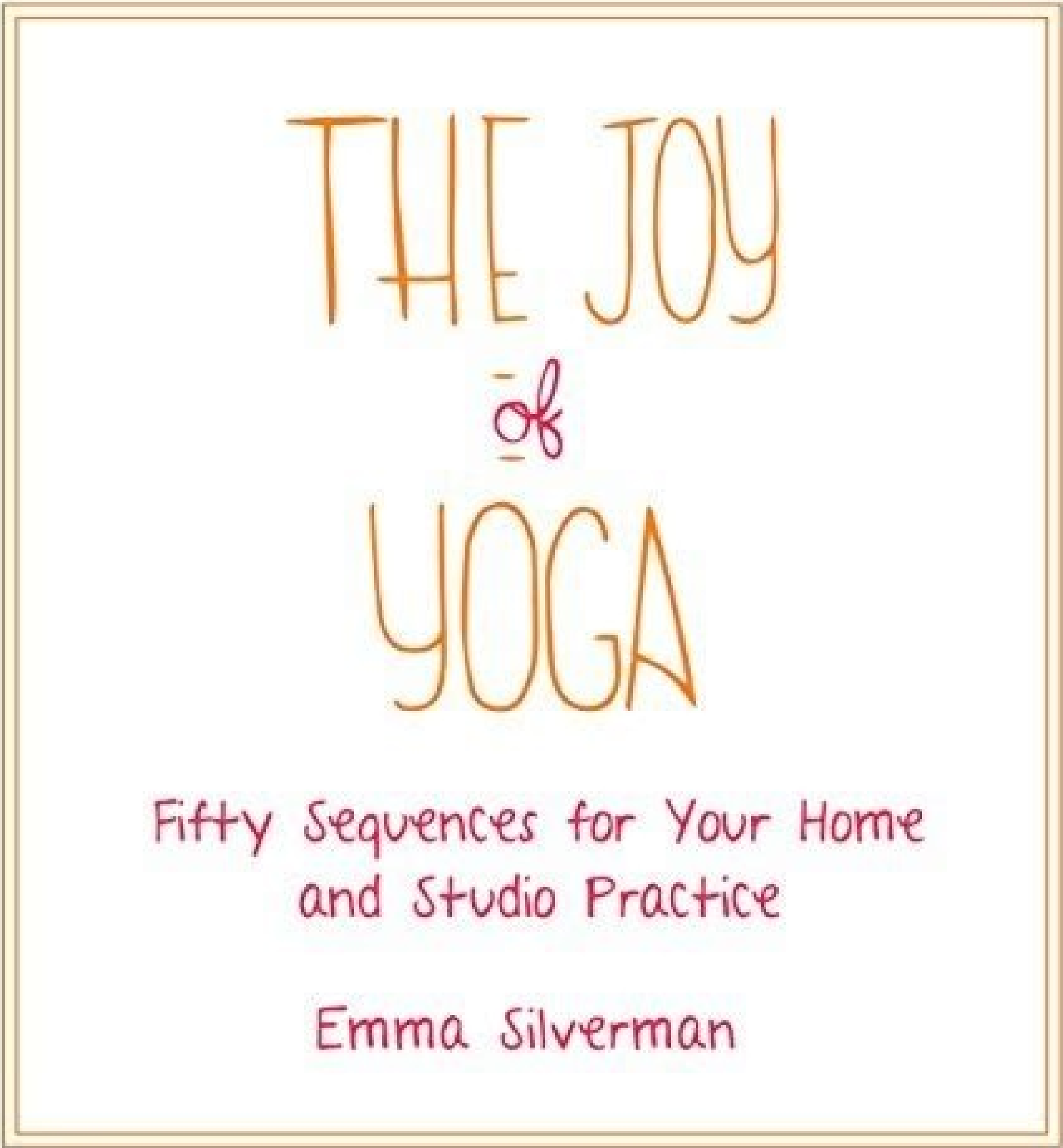
One should start yoga asanas with the basic exercise like stretching neck. It is recommended to perform repetition of the exercise for better results. This can relieve your neck and shoulder pain. It is an easy exercise that can be done anywhere standing or sitting on your chair.

Tadasana

Tadasana is also known as 'Mountain Pose'. This can be done anywhere and anytime. It is not mandatory to do tadasana in an empty stomach. This helps to improve our posture, your thighs, knees and ankles get stronger, your belly and abdomen get toned, your respiratory, nervous and digestive system are regulated with this exercise. It is very much beneficial for increasing your height therefore, you should do Tadasana daily.

Trikonasana

Trikonasana is also known as "triangle pose". Unlike many yoga postures, trikonasana requires your eyes to be opened for balancing. This also have many health benefits like this strengthens your knees, ankles, arms and chest, improves digestion, increases mental and physical equilibrium.



The requested URL was not found on this server. Additionally, a 404 Not Found error was encountered while trying to use an ErrorDocument to handle the request. Apache/2.4.41 (Ubuntu) Server at m.central.edu Port 443 Sometimes, people feel lethargic and drained without having any underlying medical condition. Practising daily asanas can boost up energy and also improve health. While absorbed in your daily busy schedule, asanas can help to retain the mind-body balance. Only 10 minutes of doing asanas can benefit your health. We list some of the asanas that can be beneficial for your health. Sukhasana Or Easy Pose Image: Shutterstock This is an amazing one for beginners as it gives one the desired comfort. The asana is beyond the horizons of the physical dimension and gives a spiritual bliss. Asanas are best to reduce anxiety and stress and mental tiredness. It corrects the body posture and stretches the chest and spine. Tip: Sit with the legs tucked inside the opposite thighs and the spine should be vertically straight. The hands should be placed on the knees and breathe in and out gently. Naukasana Or Boat Pose Image: Shutterstock This is one of the easy asanas. This asana stretches the abdominal muscles and it improves digestion and reduces belly fat. It is good to improve the efficiency of abdominal muscles. Tip: One needs to lie on one's back with legs together and the hands on the thighs, without touching them. Then the body should make a 30-degree angle. Dhanurasana Or Bow Pose Image: Shutterstock It stretches the entire body. It helps in weight loss and boosts digestion and blood circulation. It is effective in making the back flexible. Tip: One just needs to lie on the stomach with hands on the feet and pull backwards. The body should make a bow-like posture as the name suggests. Vakrasana Or Twisted Pose Image: Shutterstock Vakrasana makes the body flexible and reduces belly fat and also helps in Digestion regulating digestive juices. Suggestion: One needs to make a posture as a stable posture by placing the right foot in the left thigh and the hands must be on the head with the palms together. The column must be straight and the sole of the flat and firm foot. After releasing the pose, you have to change the position and try the other leg. Kakasana or Cuervo Pose Image: Shutterstock For anyone who wants to improve their concentration power, eliminate Luggishness and improve mental and physical balance, Kakasana is the best option, since it stretches the matters of the arms, muvas and forearms. The posture makes the body and mind feel light. The dispersed mind reasons. It is difficult to perform and take many practices. Suggestion: One needs to suffocate and keep your legs slightly separated with your hands firmly on the ground. After that, the body must be raised and the hands on the ground. Bhujangasana or Cobra Stretch Image: Shutterstock is known as the curvature corrector and makes the flexible column. The curved structure of the Asana massages the deep misers of the back, the spine and the nerves. It can be a great asana for people who deal with lower back arthritis and lower back pain. It relieves menstrual problems when stretching the uterus and the ovaries. Release stretch through vigorizing adrenal glands and rise on. Suggestion: after bedtime on the ground on the stomach, the hands must be on the ground after the upper body must be stretched and raised. HALASANA OR PLOUGH POST IMAGE: Shutterstock La Halasana opens the spinal disc and aims to maintain the youth spinal system by stretching the spinal misers. Stretching releases the tension of the shoulders, arms and column. It is one of the best asanas to address obesity. Revitalizing internal Osos, you can cure the and constipation and stiffness of the neck arthritis. Tip: Start with lying on your back with your hands on each side should straight and stretched. Then lift both legs and place your feet on your head making a 180-degree angle. Sarvangasana or shoulder support Image: Shutterstock The meaning of Sarvangasana is "all parts". Asana implies the whole body and revitalizes it. It involves the thyroid gland and stimulates metabolism, protein synthesis and blood circulation. Asana's posture strengthens muscles and reduces the chances of kidney and bone disease. Its goal is to reduce insomnia, depression and mental anxiety. Suggestion: As the name suggests, you have to be on the shoulder. Image: Shutterstock Shirsasana aka "the king of the asanas" is one of the most difficult asanas but has remarkable benefits. Improves blood circulation, gives strength to the respiratory system, improves concentration and memory. Asana involves the brain, spine and the entire nervous system and stimulates the pituitary and pineal glands. The posture from top to bottom helps relieve constipation and relieve nervous disorders and anxiety. Tip: Take the support of a wall, to start. Keep the column straight with your head down and your feet up. Use your hands to support you. Gomukhasana or cow face Pose Image: Shutterstock It's one of the basic asanas that opens the hips. As the asana stretches the hips, arms, thighs and back, it helps muscle relaxation. Suggestion: One needs to slide the knees together, then the right leg should be on the left leg with the right foot going under the left buttock. Different types of Asanas FAQs Image: Shutterstock Q. How long to keep an asana? A. Although there is no defined time assigned, it is usually done for the time of one to two breaths about five minutes. It depends on the type of yoga practice and its approach. Q. Are there any side effects of any? A. if it's done right, then there's no side effects. it is better to do them under expert supervision until the perfections. q. Is there a age limit to make? A. There's no age limit. Q. When is the best time to make asanas? A. Ideally, they should be done early in the morning with an empty stomach. Q. Is there a certain breathing technique to do with a different kind of asanas? A. Each asana has its own breathing techniques and moments of inhalation and exhalation. Be sure to breathe right by making the asanas that get the right benefits from it. Deep abdominal and diaphragmatic breathing is the key. Check with an expert to get the best methods. Q. Is there any pre- or post-Asana heating? R. Before going for any complicated yoga asanas, it is better to do warm-up stretches. Stretch all joints: neck, shoulder, elbow, wrist, waist, hips, knees, ankles, fingers and toes. After doing yoga asanas, it is better to do stretching again to relax. You can also do Shavasana, that is, Pose Sleep Post your yoga training. Loading... Loading...

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