

## Poses for balance and posture



*Mountain*



*Triangle*



*Crane*



*Spinal Balance*



*Half moon*



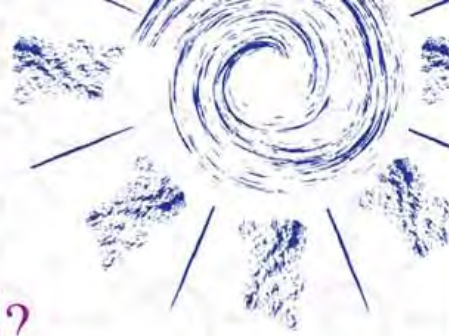
*Toppling tree*

## *What is Yoga?*

The classical techniques of Yoga date back more than 5,000 years. In ancient times, the desire for greater personal freedom, health and long life, and heightened self-understanding gave birth to this system of physical and mental exercise which has since spread throughout the world. The word Yoga means "to join or yoke together," and it brings the body and mind together into one harmonious experience.

The whole system of Yoga is built on three main structures: exercise, breathing, and meditation. The exercises of Yoga are designed to put pressure on the glandular systems of the body, thereby increasing its efficiency and total health. The body is looked upon as the primary instrument that enables us to work and evolve in the world, and so a Yoga student treats it with great care and respect. Breathing techniques are based on the concept that breath is the source of life in the body. The Yoga student gently increases breath control to improve the health and function of both body and mind. These two systems of exercise and breathing then prepare the body and mind for meditation, and the student finds an easy approach to a quiet mind that allows silence and healing from everyday stress. Regular daily practice of all three parts of this structure of Yoga produce a clear, bright mind and a strong, capable body.

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# YOGA

for

# Balance & Posture



# YOGA

for  
*Every Body*



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ost of us suffer from problems of asymmetry and imbalance which creates stress on the body.

An imbalance can also lead to discomfort or even injury and pain. Use yoga to regain body symmetry. Yoga not only improves your quality of life, but it also makes you more flexible, balanced, and even improves your posture. With these improvements, you'll have more energy and everyday tasks will become easier.

### *Yoga and balance*

Improvement in balance is one of the major benefits of yoga. Improved balance is referred not only to the physical coordination, but also to the balance between the left and right, front and back and high and low aspects of your body. Few people naturally have perfect balance. We may be stronger on one side, which may be seen while turning or twisting the head. While we can easily twist or turn on one side, the other is always a problem. Also, though most of can bend forward with ease, bending backwards is a big problem.

### *Standing poses*

Standing poses are really good for rebalancing as our bodies tend to rely on the stronger and more dominate

side. You can learn how to straighten that other side up so it will match the stronger side. Uneven bodies eventually lead to chronic illnesses and injuries through over compensation of one side. Yoga helps create good posture by strengthening, elongating, and aligning your spine and the muscles around it. Yoga also strengthens your abdominal muscles, which protects your back from strain. These poses teach each part of your body to carry its own weight instead of relying on other muscles to carry the load. The reward for good posture is increased energy and confidence.

### *Practice*

Try the beginner poses listed here. Once you are comfortable holding these poses for a minute, add the more difficult poses to your practice. The longer the duration of the pose, the better are the chances of improving balance. If you're not familiar with yoga, consider learning the proper techniques from a trained instructor. Proper yoga practice allows you to achieve physical, emotional and spiritual balance.

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