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Wrapping Up

Foreword

In this EBook I will try to demonstrate different techniques of yoga. Especially if you have never tried it before then, this EBook will be the best thing to start with because I am going to tell you very basic techniques of yoga. If you want to define yoga then, you will come across different definitions by different people.

Some people say that it is reunion of outer winds with the inner body and some say that it is the way of getting inner peace. You will find one thing common in almost every yoga definition that they talk about inner peace and inner self in it. This is basic theme of yoga that you have to become familiar with your inner person.

The basic meaning of yoga is union and you can say that it unites your body, spirit and thoughts. There are so many techniques in this art of exercise and all of these techniques are considered very effective but you should start from basic because if you adopted some advanced technique from start then, it will become difficult for you and you will lose control over it.

All of these yoga exercises make you believe that you exist and you exist with lots of strength and courage. It allows you to gather all of that strength and courage and accomplish your goal in your life.

People who practice personal productivity also utilize yoga as a very effective technique to increase their focus. If you feel tiredness too often or you feel fatigue after a tiring day at office then, you must practice yoga and you will see a new change in yourself and your working ability will also be boosted.

Yoga originated from India and its surrounding regions but then, it spread throughout the world because it has a strong connection with spirituality and everyone wants to get closer to their inner self.

Getting to know you is difficult and especially in today's artificial and superficial world, it is really difficult to live with yourself. You always have to go through family pressures and social pressures and you are forced to do things which you often do not like. Yoga allows you to ease all of those pressures and be very light internally.

Yoga For Beginners

Baby Steps For Practicing And Discovering The Joy Of Yoga

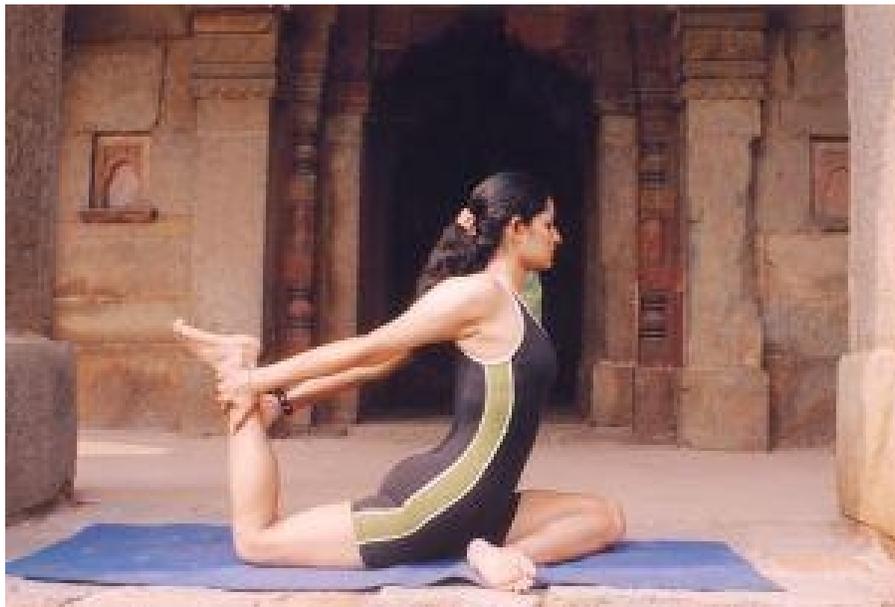
Chapter 1:

Introduction to Yoga

Synopsis

You will learn the basic techniques and concepts of yoga in this chapter.

- ❖ Exercise
- ❖ Breathing techniques
- ❖ Meditation techniques



The Basics

Yoga is basically an ancient knowledge of body which originated from Indians and it is more than 500 years old. The basic word of yoga is originated from a Sanskrit word “yuj” which means to unite or to integrate two things. Yoga is exercised and practiced to unite your body with your spirit or you can make it easier and say that the reunion of person’s own consciousness and universal consciousness is achieved through yoga.

Ancient people, who practiced yoga, believed in the fact that in order to achieve internal peace, a person must integrate and unite his mind, body and spirit. Without this reunion, person can never achieve internal peace.

This is very dense and difficult process to unite all three of the above because you need extraordinary control over your emotions, intelligence and actions. Yogis developed some easy and short cut ways to achieve balance between intelligence, emotions and actions and this balance was dependent upon three basic things that were exercise, breathing and meditation. These three things are thought to be the pillars of yoga.

Exercise

Human body is treated with lots of respect and care in yoga and this allows the yoga exercises to be very friendly and calming for body structure. Once you start practicing these exercises, then, you will see that there is no twist

in these exercises and they are very basic poses which are formulated by yogis to develop peace within the body structure.

Breathing Techniques

Breathing techniques were included in this process because breathing is the source of life and when your source of life is out of order then, how can you expect to have harmony and order in your life.

Breathing techniques help person to gain control over his whole body and his whole internal system as well. These techniques are little difficult to learn but yoga is all about practice and you can learn them by regular practice easily.

Meditation Techniques

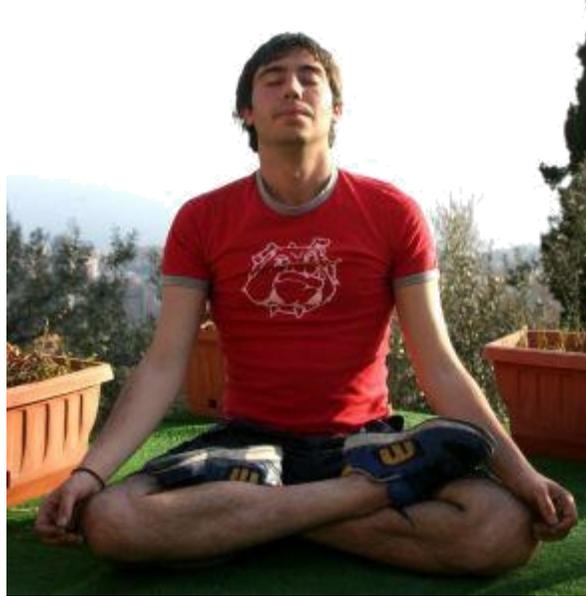
Meditation is another thing which is necessary for yoga practice but there is some misconception involved about this technique and people think that their mind has to go blank for meditation.

This is not the case because meditation is just another self-controlling technique which allows you to think more clearly and it harmonizes your thoughts and actions. All three of the above things are very necessary part of yoga and you have to learn all three of the above step by step. You can say these techniques are the stairs to master yoga.

Most of the people become hesitant and say that they have never done any stretching exercise and they cannot learn the difficult poses of yoga but this is a wrong thinking. Yoga is for everyone who wants peace and harmony in his life. There is nothing in this world which is made and designed for specific people instead all humans have equal capabilities and everyone can practice and master yoga.

You just need to concentrate very hard on these skills and integrate them in your life in such a way that they become your habit. There is a saying that you should make yoga so much important part of your life that you may forget to eat but you should never forget to practice yoga.

This saying can tell you the importance of regularity in yoga. The first thing which yoga will give you will be a great looking and perfectly healthy body which everyone wants and after that later stages of breathing techniques and meditation appear.



Chapter 2: *Branches of Yoga*

Synopsis

There are total six branches of yoga which you can adopt and in this chapter, I will tell you about all of those 6 branches in detail.

- ❖ Hatha yoga
- ❖ Bhakti yoga
- ❖ Raja yoga
- ❖ Jnana yoga or yoga of mind
- ❖ Karma yoga
- ❖ Tantra yoga



For Peace of mind technique; [Click here](#)

The Kinds

As I mentioned above that Yoga was originated from Indians and it is a very ancient art with lots of skills and complexities involved. If you think that yoga is just about posing your body in difficult positions then, you are mistaken because there are different branches of yoga which are listed below.

Hatha Yoga

Hatha yoga is also called yoga of postures and it is most famous branch of yoga in west which you must have seen. In this branch, body is twisted in different difficult and easy postures. The basic emphasis of this branch is to achieve peace through physical exercises, breathing techniques and mediation. Basic purpose of this yoga branch is to achieve better health along with spirituality.

This is the easiest branch as well because it does not take too much time from your busy routine and you can learn and master this art along with your daily work. You can easily adjust your schedule to practice and your daily routine will not be disturbed with this yoga branch.

Bhakti Yoga

Bhakti yoga is not very popular in the west but it is most practiced branch of yoga in India. This involved spirituality more than physical gestures and it revolves around heart and divine. You have to choose a path which suits

your heart desires most and then, you have to see everything and everyone through that path. Bhakti yoga allows you to develop your faith in something and they take that faith to that level where it can tell you the exact way to catch.

Raja Yoga

Raja yoga is also called yoga of self-control. Even though self-control is characteristic of almost every yoga branch but this branch pays special attention to self-control. Most of the people who practice this branch of yoga are members of some religious prestige. Raja yogi sees him as central and gives respect to everything around.

The basic step in mastering self-control is to allow you to be discovered. Discipline learning is the basic characteristic of raja yoga and if your life is distracted and undisciplined then, you must practice raja yoga to gain control of your life and make it more disciplined.

Jnana Yoga or Yoga Of Mind

Jnana yoga which is also called yoga of mind deals primarily with human brain and it tends to control the intelligence of people. In this yoga people learn to integrate wisdom and intellect and with combination of these two, they try to create a perfect moment in their life when they never make wrong decisions. People who practice jnana yoga are very open minded and they keep learning about other religions, professionals, in order to expand

their knowledge as they believe that expanding the knowledge expands their mental and intellect strength.

Karma Yoga

Karma yoga believes that you can make your future better by doing kind and selfless deeds in the present. It also believes that if your present is uncertain and hard then, it is the result of your past deeds.

Yogis, who practice karma yoga, do selfless help of other people, in order to make sure that their kindness to other people will make their future a better place. Karma yoga changes their whole concept of good and evil which changes their internal soul and makes them a better person with a bright destiny.

Tantra Yoga

Tantra yoga is the yoga of rituals but most of the times; it is misunderstood by many people because they rename it as sex yoga. Sex is just another part of this yoga but this is not all about tantra yoga. Yogis who practice tantra yoga possess certain qualities like purity, humility, devotion, dedication to his Guru, cosmic love and some others.

These are all the branches of yoga but there are some misconceptions also there about yoga for example some people say yoga is a religion but it is not. Yoga is just a way to make your life better and integrate peace in your life. It helps you to achieve a better life with more control over your mind,

thoughts and actions. Yoga is also taken as just an exercise to keep your body fit which is true to some extent but it is not the whole concept of yoga. Exercise and physical health is just small portion of yoga but the higher aim of yoga is lot more sacred and important.



To lose weight and to shape your figure. [Click here](#)

Chapter 3:

Basics of Yoga for Beginners

Synopsis

You will learn some basic stuff and techniques of yoga and if you have never attempted yoga exercises before then, you can start from this.

- ❖ Check your physical health status
- ❖ Concentrate on just yourself
- ❖ Make your mind for physical as well as mental exercises
- ❖ Choosing appropriate yoga class
- ❖ Commitment is necessary
- ❖ Try to find pleasure and fun in yoga classes



The Beginning

If you are planning to start practice of yoga then, you must know about certain things and in fact if you say more precisely then, there are 6 major things which you must know. These things are listed below and read them carefully for proper implementation of yoga exercises and techniques.

Check Your Physical Health Status

This is basic thing to know about your physical ability. Though the starting work of yoga will not be very tough and anyone can execute it perfectly but as the time passes and you advanced in these techniques, these will keep becoming tougher.

In order to adopt yoga properly, you should have your physical checkup before starting yoga and make sure that you do not execute any techniques which your body does not allow you to do. In this physical checkup, if you find out that you have certain disorder or weakness in some muscle then, you can change your routine accordingly.

Concentrate On Just Yourself

When you join certain yoga learning classes then, you will come across wide range of people and some of them will be way ahead of you in practicing yoga but this should not discourage you from your cause instead, take these classes as personal development area where everyone is responsible for him or herself.

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