

WHY YOGA??

By Nawaz Modi Singhania
Founder
Body Art, The Fitness Studio

"Yoga can bestow not only all kinds of physical benefits but also mental benefits which the working urban householder so requires, including mental sharpness, stress reduction, cardiac benefits, a healthy back, a healthy digestive system & anti-ageing benefits, among others."



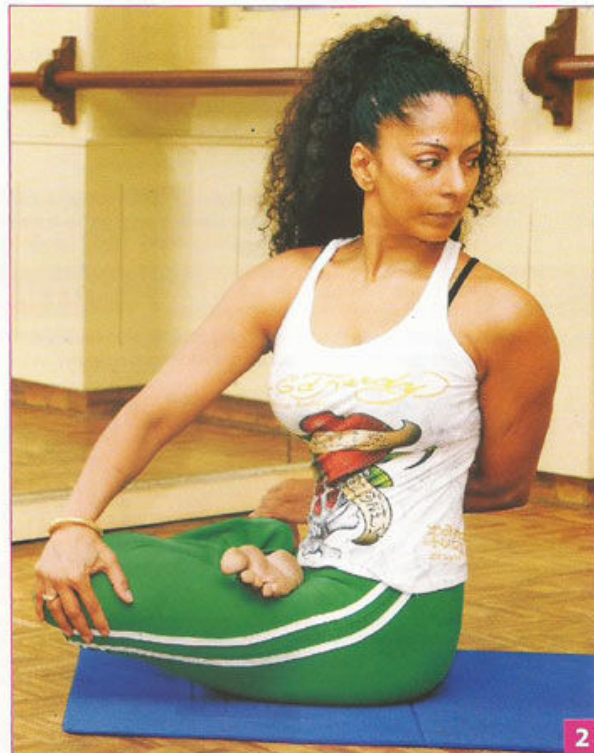
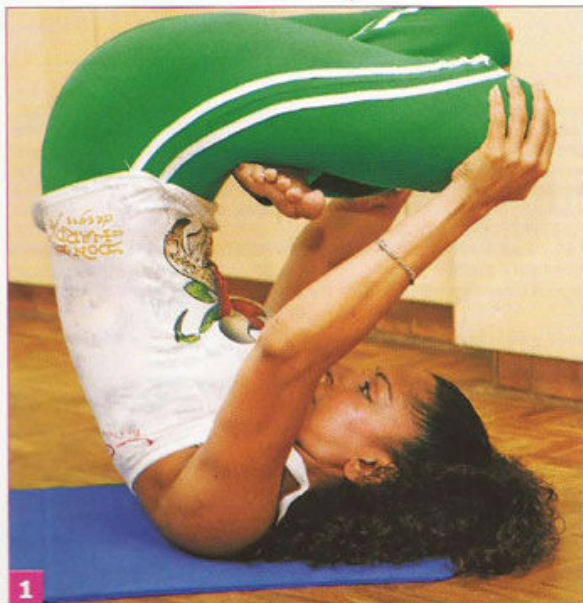
So we've heard that yoga is good for us & many of you might've even have tried your hand at it. Dropped it because it ate into your time & life, or perhaps it seemed too slow or ineffective? Think again. Yoga can bestow not only all kinds of physical benefits but also mental benefits which the working urban householder so requires, including mental sharpness, stress reduction, cardiac benefits, a healthy back, a healthy digestive system & anti-ageing benefits, among others.

Here are some asanas demonstrated by singer & yoga guru Shweta Shetty that I bet you could use:

● Padmasana (Lotus Pose):

(Demonstrated in Fig. 1)

Helps in concentration, relaxes the mind and body and keeps depression at bay.



● Ardha Matsyendrasana (Half Lord of the Fishes Pose):

(Demonstrated in Fig. 2)

Benefits:- Stimulates heart, liver, spleen, lungs & kidneys. Relieves fatigue & releases toxins. Helps in constipation and gas. Strengthens outer thigh, hamstrings and spine.

• **Paschimottasana:**

(Demonstrated in Fig. 3)

Benefits:- Helps in curbing anxiety and calms the mind. Works on the digestive system. Reduces weight. Relieves sciatica. Stimulates the nervous system. Promotes hamstring, inner thigh and spine flexibility.



Without health, wealth creation is meaningless – you may not be around to enjoy it!

• **Shirshasana:**

(Demonstrated in Fig. 4)

Benefits:- It is not called king of asanas for nothing. It helps reduce stress, depression and is extremely good for the blood circulation. Extremely useful in rejuvenating the brain cells, reversing hair fall and controls greying. Reduces varicose veins. Many health issues can be tackled by standing on your head such as respiratory diseases, cardiac issues, digestive issues, chills, cold & cough. Other health conditions that greatly benefit from this asana are displaced uterus, anemia, insomnia, epilepsy, impotency, umbilical hernia, kidney problems, prostate problems, appendicitis, duodenal ulcer and tonsillitis.

• **A Word of Caution:**

- Always consult your GP before beginning any exercise programme, including yoga.
- Always practise with a yoga teacher. At a later stage, having understood all the do's & don't's, you may subsequently take a call to practise by yourself.
- Asanas range from beginner level to advanced levels. Always embark on the beginner level asanas & over a period of time gradually move up the ladder to the more advanced asanas.
- Most asanas should be held for 30 - 60 seconds.
- If you are in pain when doing any asana, stop doing the same.

• **A Balanced Approach:**

Practise your asanas regularly & combine this with a sensible eating & lifestyle plan for optimum results. At the end of the day, the old adage, health is wealth really rings true. Without health, wealth creation is meaningless - you may not be around to enjoy it!

More health & fitness-related info available on www.bodyart.in

Photo Courtesy - Body Art, The Fitness Studio by Nawaz Modi Singhania