

WHY YOGA?



Hawaz Modi Singhania asserts that yoga is the perfect way to attain and maintain health and well being

So, we've heard that yoga is good for us and many of you might've even tried your hand at it. Dropped it because it ate into your time and life? Or perhaps it seemed too slow or ineffective? Think again.

Yoga can bestow all kinds of physical and mental benefits, which the working urban householder, the homemaker and even the student equally

require.

Some benefits include tightening and toning the body, flexibility and mobility, mental sharpness, stress reduction, cardiac benefits, a healthy back, a healthy digestive system and anti-ageing benefits, among others.

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



Bakasana (Crane Pose)
Extremely good for the arms, shoulders, neck, chest and back. Trains the abdominals at the same time and develops concentration, balance and control. Strengthens the back and improves posture.



Chakrasana
(Wheel Pose)
Great stretch for the abs, arms, legs and the hip-muscles. Super work-out for the digestive system. Makes the spine supple and flexible.



(Hands to Feet - Forward Bend)
Helps the digestive system, helps to combat gas and also tones and mobilises the entire leg/hip and abs region.



Janu Sirsasana
(Head on Knee Pose)
Great work-out for the shoulder, spine and hamstring muscles. Also boosts the liver, kidney and digestive system. Promotes cardiac benefits including stabilising blood pressure. Benefits for the prostate gland.

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 and don'ts, 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* and over a period of time gradually move up the ladder to the more advanced *asanas*.

Most of you are in pain when doing any *asana*, stop doing the same.

Practise your *asanas* regularly and combine this with a sensible eating and lifestyle plan for optimum results. At the end of the day, health is wealth really rings true.

We Parsis think longevity is our birthright, but without good health going hand in glove with longevity, much of the joy of life is drained out. Your health is largely in your own hands. Make the right choices and invest in your health and fitness wisely.

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