



Yoga
For A Healthy Lifestyle



CHEAT SHEET

***Say Goodbye to Ill- Health
& Re-model your *Lifestyle with Yoga*
Tips and Techniques!!!***

What is Yoga?

- ✓ Yoga is a Union of Mind, Body, and Soul
- ✓ Yoga is an Art and a Science
- ✓ Yoga works with the energy of the body
- ✓ Yoga is Self-Realization Fellowship
- ✓ Yoga denotes Physical and Spiritual Well-being of oneself
- ✓ Yoga is a Stress Buster

Benefits of Practicing Yoga

+ Mental Benefits

- ✓ Gives you inner strength
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- ✓ Builds self-confidence and increases self-esteem
- ✓ Gives you peace of mind
- ✓ Sharpens your focus
- ✓ Makes you happier
- ✓ Gives you deep sleep

+ Physical Benefits

- ✓ Perfects your body posture
- ✓ Builds muscle strength
- ✓ Improves flexibility
- ✓ Enhances your Blood Flow
- ✓ Helps in Cardio Workout
- ✓ Regulates Blood Pressure
- ✓ Reduces Blood Sugar
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How to strengthen your mind-body connection with Yoga?

- ✓ Start your practice with meditation
- ✓ Set a valid goal for this practice
- ✓ Breathe while you practice each Yoga Pose

- ✓ End your Yoga session with Corpse Pose
- ✓ Spend some time outside
- ✓ Take active breaks at work
- ✓ Put down your thoughts and feelings on paper
- ✓ Take enough sleep and rest
- ✓ Have a healthy and a proper diet plan
- ✓ Enjoy a good-belly Laugh at-least once a day

Different types of Yoga

- ✓ Hatha Yoga
- ✓ Vinyasa Yoga
- ✓ Ashtanga Yoga
- ✓ Bikram Yoga
- ✓ Bikram Yoga
- ✓ Anusara Yoga
- ✓ Hot Yoga
- ✓ Kundalini Yoga
- ✓ Yin Yoga
- ✓ Restorative Yoga

Yoga Essentials

- ✓ Yoga Mat
- ✓ Yoga Towel
- ✓ Yoga Bag
- ✓ Yoga Strap
- ✓ Yoga Block

Yoga Auxiliaries

- ✓ Yoga Blanket
- ✓ Yoga Bolster
- ✓ Yoga Mat Cleaner
- ✓ Yoga Pants
- ✓ A Sipper – Water Bottle

Categories of Yoga Meditation

- ✓ Mindfulness Meditation
- ✓ Mantra Meditation
- ✓ Insight Meditation
- ✓ Sufi Meditation
- ✓ Chakra Meditation
- ✓ Zazen Meditation
- ✓ Transcendental Meditation
- ✓ Loving Kindness Meditation

