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Yoga

Yoga - What is yoga?

1. Most people know yoga as a kind of exercise which aims at developing strength and flexibility. To practise yoga, you learn a series of 'postures', where you put your body into different positions. The correct breathing is also important.

Yoga

Yoga - What is yoga?

2. However, yoga is really about more than just exercise. In 2014, the Prime Minister of India asked the United Nations to create an International Day of Yoga, saying that yoga 'is not about exercise but to discover the sense of harmony with yourself, the world and nature'.

Yoga - What is yoga?

3. The Prime Minister of India felt that yoga could not just help people to be healthier but also help connect people to each other and to nature. The United Nations agreed, and International Yoga Day is now celebrated on 21 June.

Yoga - Where did yoga come from?

4. The history of yoga goes back at least 5,000 years ago and some people claim it is nearer 10,000 years ago. It was first developed in Northern India and at this stage was a spiritual as well as a physical form of exercise, connected with both Hinduism and Buddhism.

Yoga - What are the benefits of yoga?

5. Yoga is good for the mind and body. Regular practice of yoga helps people to improve their balance and strength. Although you won't really get out of breath, like you might playing football or running, it does help to keep your heart healthy and you can lose weight. It can also help with back pain.

Yoga - What are the benefits of yoga?

6. The breathing taught in yoga can help people to reduce stress and anxiety. There are lots of different possible breathing patterns you can do. Yoga also improves concentration and helps people to sleep better, so it's great for anyone who's under pressure at work or in their studies.