

WHAT IS YOGA ?

Yoga is the perfect opportunity to get to know "yourself"

Free Spirit Yoga and Pilates

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Yoga is a practical art, science and philosophy that aims at uniting the body, mind and breath with your true essence. It is a holistic approach to promoting vibrant health and personal fulfillment. The roots of Yoga are prehistoric with archeological findings dating back 6000 years ago. It is not a religion, a political movement or a dogma, although many religions have adopted its techniques. Yoga respects all cultures, creeds and nations. It nurtures the higher instincts of humanity, compassion and peace. The word Yoga means join or unite and implies harmony and balance.

There are traditionally 8 limbs (or branches) to the tree of Yoga. Patanjali, the author of the Yoga Sutras, clearly defines the 8 limbs. The 8 limbs emanating from a central core consist of the following:

Yamas and Niyamas: ten ethical principals that allow us to be at peace with ourselves, our family and our community.

Asanas: Yoga Poses or postures that help keep our bodies strong, flexible and relaxed. Asanas strengthen the nervous system and refine our process of inner perception.

Pranayama: Breathing practices to help with the flow of prana (life force).

Pratyahara: The drawing of one's attention towards silence rather than towards things.

Dharana: Focusing attention and cultivating inner perceptual awareness.

Dhyana: Sustaining awareness under all conditions.

Samadhi: Bliss. The return of the mind into original silence.

As you learn to master the Postures and breathing and relaxation techniques you will feel a calmness of mind, increase your focus and concentration and find it easier to cope with tension and day to day stress.