



The 5 Points of Yoga

The teachings of Yoga are summarized in 5 principles: when practiced, these principles allow us to live a healthier and more balanced life.

1. Proper Exercise

Our physical body is meant to move and exercise. If our lifestyle does not provide natural motion of muscles and joints, then disease and great discomfort will ensue with time. Our class is based on 12 basic postures that allow the body to stretch and twist in different positions, bringing strength, flexibility and health to the whole body.

2. Proper Breathing

Poor breathing habits are connected to lack of energy, stress, depression, high blood pressure, emotional unrest, and poor health. Yoga teaches us how to use the lungs to their maximum capacity and how to be aware of and control the breath. Proper breathing should be deep, slow and rhythmical. This increases vitality, health and mental clarity.

3. Proper Relaxation

Stress has many consequences: the body loses its natural ability to rest and recharge; it cannot heal and regenerate (burnout syndrome); the mind loses the ability to focus; a lot of energy is spent in keeping the muscles in continual readiness for work rather than in the actual useful work done; the mind can get drawn to intense negative emotions; and we tend to overeat as this is the natural reaction of the brain needing to acquire and store energy. In a yoga class, the practitioner learns to relax deeply all the muscles, rejuvenating the nervous system and attaining a deep sense of peace.

4. Proper Diet (Vegetarian)

Besides being responsible for building our physical body, the foods we eat profoundly affect our mind and emotions. For maximum body-mind efficiency Yoga advocates a vegetarian diet. But even if you are not vegetarian, through the practice of Yoga, you can become more aware of how the food you eat directly affects the way you feel. In time, you will naturally begin to make healthier choices in your diet.

5. Positive Thinking & Meditation

Here is the most important point of all: we become what we think. Thus we should try to entertain positive and creative thoughts, as these will contribute to vibrant health and a peaceful, joyful mind. Regular practice of concentration and meditation can help us see the positive aspects of what seems like a negative situation in our lives. Through the practices of Yoga, we can begin to see the beauty in life, no matter what difficulties we may face in our daily existence.