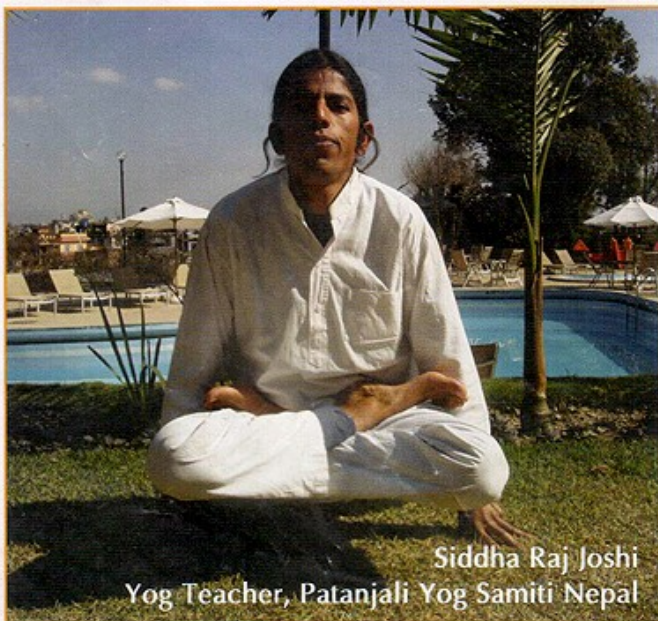


YOGA

Baba Sarkar Shrestha

The ancient Hindu yoga that the gurus use to practice from thousands of years has reemerged as one of the hottest exercise. Yog or yoga could be defined as a means to gain power or control over body or mind. Yoga provides an excellent combination of flexibility, ability to concentrate and mental relaxation. Yoga improves circulations through right breathing techniques and eliminates strains and tentions. It is yet another way to shape up without straining your body. Through yoga the internal organs can also be massaged so that they are properly conditioned.

Yoga is growing very popular and a number of ashrams and yog studios have been opened. Interests in yoga have been whetted by television channels, especially Astha channel airing Baba Ramdevs yog programs.



Siddha Raj Joshi
Yog Teacher, Patanjali Yog Samiti Nepal

In the west, yoga festival incorporating asan and meditation is in vogue. Yoga-thon fundraising are also organized by the yoga communities. Books in various languages are available giving anatomical synopsis about each yoga posture. Some are even color illustrated and coded as to show what muscles are contracting and stretching and to what degree and angle. Also available are i Phone and i Touch application, designed to guide you through a unique yoga routine.

All yoga postures are performed slowly. Pauses between postures are very important. Performing an exercise too quickly often makes the desired controlled movement impossible and may lead to joint or muscle injury. In no circumstances must an exercise be carried beyond the point that your body can endure. Strengthening a muscle requires working the muscle against resistance in a deliberate manner. Exercises are performed at slow to moderate speed that will allow full range of motion and concentrated work for the isolated muscles which are the focus of the exercise.



Anulomabelom



Ratnesowri Shrestha at Suvarnabhumi Airport, Bangkok

Yogasan should not be performed for at least three to five hours after eating a heavy meal depending on the posture.

Yoga should not be attempted with close fitting clothes on, or belts, corsets, shoes, which can impede the circulation.

There are few yoga exercises that the pregnant ladies, one suffering from certain illness and the aged should not perform without proper consultant with the yoga instructors or the doctors.

At least six months of rest is required is one has undergone an operation. Asans such as Kapalbhanti, Bahaya prayanam and Agnisar is a definite NO. These asans should also not be performed by people suffering from high blood pressure and heart problem.



Mayur Assan

FEW SIMPLE EXERCISES ONE CAN DO ON THE FLIGHT



1. Apply pressure between your thumb and index finger. This will relieve back ache.



2. Press the thumb and release. Press again. Do this for five to ten minutes to relieve migraine pain.



3. Press and kneed the middle of your left palm with the thumb of your right hands. You can reverse the hand. This is beneficial for your kidneys. This should be performed for five minutes.



4. Squeeze the tip of your ring finger for few seconds and release. Repeat. Works wonders as anti depressent. Can be performed for five minutes.

WHEN TO STOP

Discontinue immediately if you experience any of the following symptoms.

Dizziness

Pain or tightness in the chest

Blurring of vision
Nausea

Unusual lose of breath or fatigue