



## **A New Trend For An Ancient Practice**

Life's more stressful than ever, with Americans struggling to find time in their daily routine for exercise. But fitness can calm your spirits, refocus your mind and give you more energy to get everything done. It's an important part of a healthy lifestyle.

No longer a trend for new-agers or 60's flower children, Yoga has taken a resurgence in popularity in the past few years. This trend isn't surprising when you consider all of the health benefits it offers. Yoga is a philosophy developed thousands of years ago in India, focusing on a deeper connection between mind, body and spirit. It's goal is in quieting the mind and invoking a sense of well-being and empowerment.

There's much more to Yoga than most people realize, varying in both style and technique. Integral yoga is possibly the most notorious style characterized by the "om" chant. This style was introduced by Swami Satchidananda at the 1969 Woodstock festival, combining postures, meditation, deep breathing and relaxation. Lyengar yoga uses cushions, straps, benches and wood blocks, while Asthanga yoga focuses on synchronized breathing and a series of fast-paced postures to increase body heat, improve circulation and detoxify muscles. Yoga is extremely diverse with something for everyone, whether you're looking to increase muscle tone, shed a few pounds or improve flexibility.

When starting a yoga routine, read a few books to get a basic education on the ancient practice. Look for a yoga instructor with a solid understanding of the practice, the various levels and postures. Invest in comfortable, flexible clothes that let you move freely. Then, begin with a routine appropriate for your skill level, staying in tune with your own body.

Always stop if you feel uncomfortable and know your limits to minimize your risk of injury.

In an age where new fad diets and trends are center stage, yogo can offer a relaxing, rejuvenating breath of fresh air.

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## About Author

Clinton Douglas IV, writes about travel for Vasrue.com - Travel. Get amazing travel discounts, fresh articles and travel ideas in your inbox. Plus, we never share your personal information - ever! Sign-up for the Vasrue.com travel e-magazine, today!  
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