

Yoga by
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The meaning of Yoga is yoke. Meaning to yoke the individual soul to the Universal spirit.

One sutra in the Yoga Sutra of Patanjali states

Yoga Chitta vritti niroda.

Yoga is the stilling of the mind.

Stating simply, yoga is yoking the individual soul to the **Universal** soul by stilling the mind.

The Yoga that I practice is the inspiration of my Guru Yogi Amrit Desai. He is a renowned yoga master and his form of yoga is also known as Meditation in Motion.

Apparel:

Wear loose clothing preferably a jogging suit

What to expect in the class:

The Yoga class can be categorized in 4 sessions.

- 1) Warm ups. The first 10 minutes of the class comprises of simple warm up exercises.
- 2) Over 10 postures ranging from simple to complicated ones.
- 3) Pranayama
- 4) Meditation

The postures are traditional Yoga postures recommended by yogis of the past. There is no pressure on anyone to perform the postures perfectly. In fact since everyone's body has different degrees of flexibility, everyone is encouraged to go at their own pace. Therefore the class is compatible for every one young or old, male or female. No one will come and physically correct the postures. Be prepared to lie down on the mat.

Benefits of Yoga:

The most important benefit from yoga is a deep feeling of relaxation and removal of stress. The deeper an individual goes the more relaxation one feels. One learns to perform one's activities from the relaxed state of mind that in turn triggers many positive changes, be in physical or mental, in one's life.

I would urge everyone to come and experience the power of Yoga.

