

Yoga Asanas

By : Roshni Gosalia

Yoga is a mind and body practice with historical origins in ancient Indian philosophy. Various styles of yoga combine physical postures, breathing techniques, and meditation or relaxation.



The word "yoga" is derived from the Sanskrit root yuj meaning "to yoke or join together." Some people take this to mean a union of mind and body.





Hatha yoga is the type of yoga most frequently practiced in Western culture. Ha means "sun" and the means "moon."



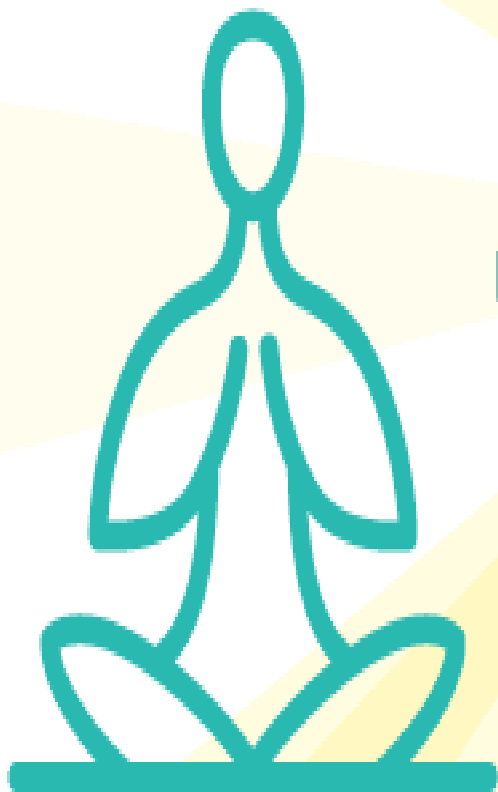


Yoga

MORNING FRESH







Thank you!