YOGA

Most of the people in the world practice yoga. Yoga refers to traditional physical and mental disciplines that originated in India. The word yoga means "union" in Sanskrit, the language of ancient India where yoga originated. We can think of the union occurring between the mind, body and spirit. Yoga can be described accurately with the Sanskrit word called asana which means the practice of physical postures or poses. Yoga keeps you healthy by doing meditation to improve your concentration or doing different types of physical postures (asana) that can give you strength. Yoga can help cure insomnia, as regular yoga practice leads to better and deeper sleep.Yoga can help fight tiredness and maintain your energy throughout the day.

I practice yoga mostly on Saturdays and Sundays. By practicing yoga your blood pressure is in control, it helps you in breathing properly by doing different exercises for it and most importantly it gives peace to your mind. Now-a-days, people are so busy in their lives that they forget about their and have too much mental pressure, so by doing yoga you can get relaxed and feel better. People who have many problems should actually do meditation, so that they can get relaxed and make decisions with peace as yoga helps cure all your worries.

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