

About Yoga

Yoga denotes union, unification of the individual with the cosmic. Yoga is an ancient science of life which great wise men have left as heritage for posterity. All these precious insights into the universal principles of life are meant to help only one beneficiary – man. Man is the center, the measure and meaning of all existence. This is why it is fully justified to say that yoga is a science of man and for man.

Health is a precondition for a meaningful life and this is why everyone should cherish and improve it. The contemporary way of life exposes man to too much stress and causes imbalances and illnesses. This is the time to re-build healthy routines and find one's peace of mind. Through its gradual and systematic approach, yoga can greatly help.

Yoga perceives man as a whole. However, for better understanding, it focuses on four health aspects:

Physical health is a precondition for a richer and happier life. Yoga teaches a person to become aware of his/her own body, to exercise, strengthen and come to love it. By doing asanas (body postures), pranayamas (breathing techniques), relaxation techniques and having an adequate diet, everyone can improve physical health significantly.

Mental health is based on positive feelings and common sense. Therefore, yoga places strong emphasis on purging negative thoughts and bad qualities. To that aim, besides asanas, pranayama and relaxation, self-analysis meditations are practiced.

Social health is achieved by overcoming selfishness. An individual can be happy only if he/she does good to others and the community. For this reason yoga stimulates and develops purity of motives in relationships with other beings.

Spiritual health means living the union and the unbreakable connectedness of all that exists. At the same time it means living in reality, in the truth. The truth alone can set an individual free from suffering and this is why the most important thing is to have spiritual health.