

The word '**yoga**' comes from the Sanskrit root 'yuj', which means 'to yoke' the spirit and physical body to spiritual body and yog with with super power (God) The aim of yoga is "Yogashch chitt vratti nirodha" Appose to the variablity of our consuntration, yog is an ancient science given by our sage rishis. Yoga is not related any dharm, it is for each humen being. Various traditions of yoga are found in hindus, buddha, jainism etc. Gurus from India later introduced yoga to the Western countries. In a national survey, long-term yoga practitioners in the United States reported musculo–skeletal and mental health improvement which a are doing yoga from long time.

Patanjali is widely regarded as the compiler of the formal yoga philosophy.  
Types of yog-

*Bhakti-yoga*: means "devoted attachment" in the monotheistic 'Bhakti movement'.

*kriyā-yoga* has a grammatical sense, meaning "connection with a verb".

Hath yoga: hath yoga is a way to consuntrate with physical body with supreem power. It is connected with tantra way.

Ashtang yoga: Ashtang yoga sutra given by sage Patanjali, there are 8 classes for the obtain the gole of yog, are follows:

1. Yam (The five "abstentions"): Ahimsa (non-violence), Satya (Truth, non-lying), Asteya (non-stealing), Brahmacharya (non-sensuality, celibacy), and Aparigraha (non-possessiveness). (purification of mind and body and thought),
2. Niyam (The five "observances"): Shaucha (purity), Santosha (contentment), Tapas (austerity), Svadhyaya (study of the Vedic scriptures to know about God and the soul), and Ishvara-Pranidhana (surrender to God).
3. Aasan ( various posture with breathin for make flaxable our body for meditation)
4. Pranayam (control the our breathing (pran+aayam) and control of the life force)
5. prityahar (Withdrawal of the sense organs from external objects.)
6. dharna (stop the all expectation from physical world and only consuntrate the super power mean Fixing the attention on a single object (God))
7. Dhyan (High consuntration)
8. Samadhi (fully merging consciousness with the super power)

The ultimate aim of yog is moksha “  
the physical postures of yoga are used to alleviate health problems, reduce stress and make the spine supple in contemporary times.

Health banefits—

Some disease suggest that yoga may reduce high blood pressure, improve symptoms of heart failure, enhance cardiac rehabilitation, and lower cardiovascular risk factors

Lower back pain.

for treatment of cancer patients to decrease depression, insomnia, pain, and fatigue and increase anxiety control.

Some yogacharya do not recommend certain yoga exercises for women during menstruation, for pregnant women, or for nursing mothers. However, meditation, breathing exercises, pranayam and certain postures which are safe and beneficial for women in these.

You can do the yoga every day and all life, for good health.

Learn yoga under the yog guru. Than start the yog sadhna. Don't learn yoga from books or articals. Because your guru will direct you that what is for you and what is not.

You can contact us

Dr. Anuj Kumar

Shree siddh dhaam Adhyatmic sadhna siddhi evam chikitsa kendra