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Benefits of Yoga

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Today's topic

Meaning of Yoga

History

Important Definitions

Benefits of Asana

Practice

Summary

Resources

Meanings of Yoga

- **To yoke or bind**
- **Mind/body union**
- **To seek true Self**

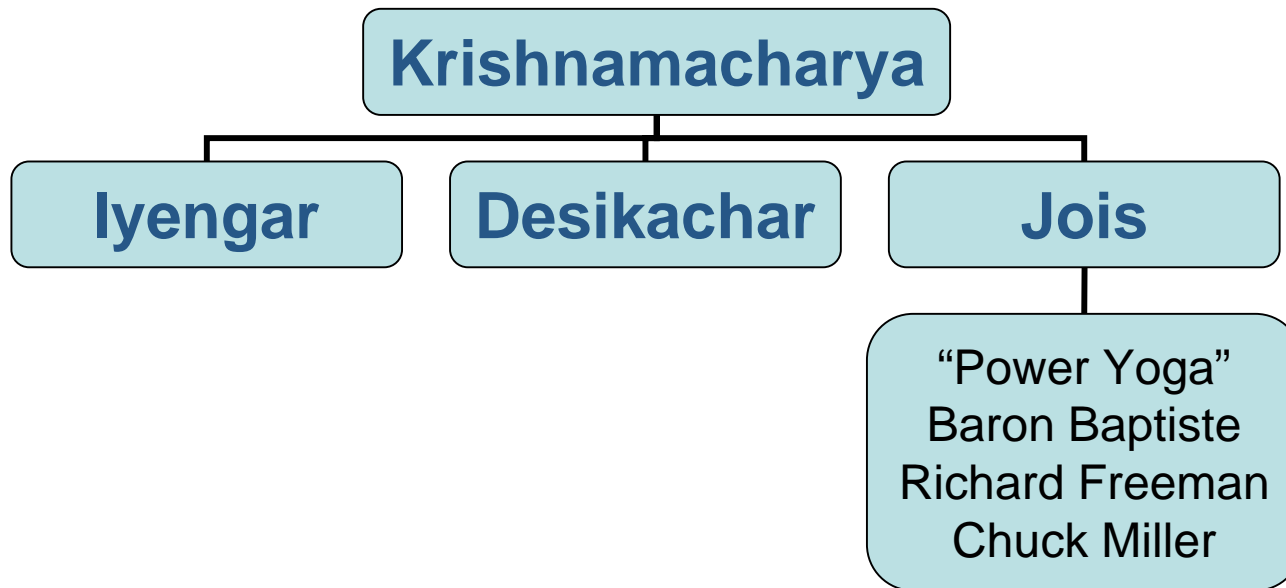
Meanings of Yoga (cont.)

- **Patanjali's eight-fold path (*Yoga Sutra*, c. 150 C.E)**
 - Yama – one's ethical standards & sense of integrity, focusing on how we conduct ourselves
 - Niyama – self-discipline and spiritual observances
 - Asana -- "seat" or a physical posture
 - Pranayama – breath control

Meanings of Yoga (cont.)

- **Patanjali's eight-fold path (*Yoga Sutra*, c. 150 C.E)**
 - Pratyahara -- "withdrawal" or sensory inhibition
 - Dharana -- "holding" or concentration
 - Dhyana -- "ideating" or meditation
 - Samadhi -- "putting together" – self-actualization

History



Definitions

Om

- actually pronounced "Aum," -- an affirmation of the Divine Presence that is the universe

Prana

- ("life/breath"): life in general; the life force sustaining the body;

Namaste

- Literally, "I bow to you"
- represents the belief that there is a divine spark within each of us that is located in the heart chakra. The gesture is an acknowledgment of the soul in one by the soul in another.

Benefits of Asana

- **Relaxation**
- **Coping with stress**
- **Mind/Body Connection**
- **Improved symptoms (e.g., depression, CTS)**
- **Conditioning**
- **Weight Loss**

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Depression: How Yoga Can Help

Yoga for Depression
By Amy Weintraub

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BREATH

Asana
Sukhasana
(Easy Pose)

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MOUNTAIN POSE

Tadasana

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Practice slide: BACKBEND

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Practice slide: CHAIR POSE

Utkatasana

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Practice slide: TREE POSE

Vrksasana

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Practice slide: TRIANGLE POSE

Utthita Trikonasana

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Practice slide: Legs-up-the-wall pose

Viparita Karani

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Practice slide: TWIST

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Benefits of Yoga

Summary

Resources

www.yogajournal.com

www.yogitimes.com

Books:

- [30 Essential Yoga Poses: For Beginning Students and Their Teachers](#) by Judith Lasater, PhD
- [The Woman's Book of Yoga and Health : A Lifelong Guide to Wellness](#) by Linda Sparrowe & Patria Walden
- [The Heart of Yoga: Developing a Personal Practice](#) by TKV Desikachar

Kaiser Permanente Resources



Resources tailored just for women, visit

kpomenswellness.org

Healthwise® Handbook

Members may call 1-800-464-4000 for a free copy

Resources for a Healthy Lifestyle

kp.org/healthyliving

Healthy lifestyle programs

- 10,000 Steps program®
- Health Classes
- Healthy Discounts
- Online Drug and Health Encyclopedia
- Health Calculators
- Featured Health Topics
- Message Boards