

Stay in shape

Fitness can make all the difference in how your body looks and feels. Shilpa Shetty shows us how to keep fit with Yoga



Yoga refers to traditional physical and mental disciplines originating in India. The physical aspect of yoga, the asanas, has been much popularized in the West, and devoted celebrity practitioners

like Madonna and Sting have contributed to the increased visibility of the practice. Physically, the practice of asanas is considered to improve:

- * muscle flexibility
- * tendon strength
- * stamina
- * better functioning of respiratory system
- * empirical evidence suggests it helps control blood pressure and other issues related to the functioning of the circulatory system
- * improvement in health problems related to stress

*It can aid in the improvement of concentration with school, in the workforce, and everyday activities.
* Can help with dieting and losing weight.

Listed below are traditional practices for performing asana:

- * The stomach should be relatively empty.
- * Force or pressure should not be used, and the body should not tremble.
- * Lower the head and other parts of the body slowly; in particular, raised heels should be lowered slowly.
- * The breathing should be controlled. The benefits of asanas increase if the specific

pranayama to the yoga type is performed.
* If the body is stressed, perform Corpse Pose or Child Pose
* Such asanas as Sukhasana or Savasana help to reduce headaches.
* Asanas are generally not performed on floor, but on Yoga mats instead.
* At the end of the yoga session one must do a deeper, final relaxation. Should not go for a sleep



CHAKARASANA:
Standing Wheel pose
A good exercise of the spine often correcting mild Sclerosis because of the lateral stress to the spine it combats the fat around the side of the waist. And because it's not a common stretch for the muscles along the side, its great for physical fitness.

NAUKASANA
The Boat pose
It is an excellent Asana for fighting the fat around your waist, very good for the stomach as well as strengthening the back and the leg muscles. It also helps in regulating



the kidneys. Its very helpful in case involving diabetes and dyspepsia. It also improves concentration.



UTHANPADASANA
The Raised Leg pose
This asana is very effective for the entire abdomen; it stretches out the thoracic cavity and the entire back.



DHANURASANA
The Bow pose
This is considered as one of the best poses in the asanas. It helps an individual keep in great shape. It also restores flexibility to the spine. Regular practice will relieve lower back pain

and release tension and strain in the upper back and neck area. The alternating stretching and releasing of the abdominal muscles increases the blood flow to this area. Its good for menstrual problems and it is great for toning the thigh and the back.



VAKRASANA
The Twisting pose
This asana helps in increasing the elasticity of the spine, digestion and aids the central nervous system.

“Yoga is a state of being. A step beyond happiness. It's about finding yourself, your absolute true self. Grabbing yourself in a huge Bear Hug and never letting go, and discovering the tools that never let either Happiness or Sadness sidetrack you from where you are and where you are going. Yoga is a Bliss, a Spiritual state of Peace. We all find our own pace and our own paths...”