

## HEALTH AND WELLNESS THROUGH YOGA – AN OVERVIEW

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**Received: 17 Mar 2019**

**Accepted: 23 Mar 2019**

**Published: 28 Mar 2019**

### **ABSTRACT**

*Yoga is a powerful vehicle for change. As we build strength, we start to believe in our own potential. Yoga is not just hippies any more, it has broken through the mainstream and became a fantastic lifestyle for those that choose to practice it regularly, as someone who enjoys yoga. It is not just for stretching and flexibility, but is perfectly capable of giving a complete full body workout, thus if we looking for fitness, strength and muscle tone, along with the added benefits of mental and emotional balance. Yoga is an excellent solution for all. Integrating yoga into physical education offers more possibilities for a wider group of students than traditional sports and fitness. Children need to experience joy while participating in physical activity in order to build a foundation for lifelong skills. Since it has triangular relationship of body, mind and spirit. A physical yoga practice consists of exercise called posture or asanas that strengthen, stretch and align the body. Each posture requires combining the mind, body and breathing practices. Children are natural yogis. Taking a moment to breathe, relax or stretch will leave students calm, alert and ready to learn. Therefore, yoga can be used as a warm-up for sports. Yoga makes a difference for children when they come to play field. Yoga practice has been a gift even for sports performer. Many elite athletes are practice yoga in regular basis. Adding yoga to a school's curriculum will help to provide a quality physical education.*

*Benefits of yoga for full body fitness are; Helps us achieve full body fitness and health, Good for the digestive system, nervous system, circulatory system, immune system and nervous system, Increases our level of energy and vitality, Helps tone our abdominal muscles, shape our stomach and gives us core strength and power, Tones, legs, arms, chest, shoulders and buttocks, Helps improve health and well being, Helps develop sexual fitness & virility and it helps in developing concentration. Yoga creates opportunities for Physical Education activities to explore movement with a variety of postures that can be enhancing sports performance and physical education.*

**KEYWORDS:** *Health, Wellness, Yoga, Fitness*

### **INTRODUCTION**

Yoga is a powerful vehicle for change. As we build strength, we start to believe in our own potential. Yoga is not just hippies any more, it has broken through the mainstream and became a fantastic lifestyle for those that choose to practice it regularly, as someone who enjoys yoga. It is not just for stretching and flexibility, but is perfectly capable of giving a complete full body workout, thus if we looking for fitness, strength and muscle tone, along with the added benefits of mental and emotional balance. Yoga is an excellent solution for all.

Integrating yoga into physical education offers more possibilities for a wider group of students than traditional sports and fitness. Children need to experience joy while participating in physical activity in order to build a foundation for lifelong skills. Yoga makes a difference for children when they come to play field. Yoga practice has been a gift even for sports performer. Many elite athletes are practice yoga in regular basis. Adding yoga to a school's curriculum will help to provide a quality physical education.

### **Yoga for Fitness**

Yogic exercises will give a complete fitness. The exercise for upper body, stomach as well as to strengthening the lower body. Increasingly yoga is used to train sports persons and athletes to maximize performance, improve conditioning and minimize injury. Yoga is used extensively within players to minimize injury.

### **Benefits of Yoga for Full Body Fitness**

- Helps us achieve full body fitness and health.
- Good for the digestive system, nervous system, circulatory system, immune system and nervous system.
- Increases our level of energy and vitality.
- Helps tone our abdominal muscles, shape our stomach and gives us core strength and power.
- Helps with weight loss.
- Significantly develops full body strength and flexibility.
- Tones, legs, arms, chest, shoulders and buttocks.
- Helps improve health and well being.
- Helps develop sexual fitness & virility.
- Helps us in developing concentration.

### **Fitness Yoga Sequences (3)**

- Cobra Push-ups –Upper body fitness
- Yoga exercises set – Core fitness
- Kundalini Yoga Pose – Lower body fitness

### Upper Body Fitness

- Cobra Push-ups – start in position as indicated by illustration A. Essentially this is the down position when doing simple push-ups, lying flat on your stomach with hands near your shoulders.
- Now come up into cobra pose and inhale deep as you do so.
- Next exhale as you bring yourself up into plank pose.
- Benefits- Good For chest,back and abdominal muscles.

### Yoga Exercise Set – Core Fitness

Yoga single leg lifts – For this exercise lie on your back with your palms underneath your buttocks, to support your lower back, then lift your left leg up to 90 degrees and then back down. Follow that by lifting your right leg to 90 degrees and then down. Inhale as leg goes up, exhale down.

Yoga double leg lifts – Remain on your back with your palms underneath your buttocks, to support your lower back. Now, lift both legs smoothly up to 90 degree and then back down. Try to keep your knees straight and keep the motion controlled and smooth. This exercise works your ab muscles much harder than the single leg lifts. Inhale as legs goes up, exhale down.

Yoga criss – Cross legs – The exercise remain on your back with your palms underneath your buttocks to support your lower back. Lift both legs about 12-18inches off the floor and have your toes pointing forward, Now, begin to criss cross your legs at ankle level rapidly. This exercise will give the side ab muscles.

### Kundalini Yoga Pose – Lower Body Fitness

- Yoga Chair Pose – Kundalini – start and place your feet shoulder width apart, as shown below.
- Benefits – great for lower body fitness – excellent yoga posture for thighs and buttocks – helps the body burn fat and healthy weight loss.
- Kundalini Yoga Frog Pose – squat on the floor on your toes with your feet apart and your heels either touching or very close together. Have your knees spread out and your arms inside your knees with your finger tips touching the floor. The elbows are straight. Look up, you can have your eyes open or closed. Rise up now by strengthening your legs. At the same time your head towards your knees and keep your fingers touching the floor. Your heels should move down towards the floor. Straighten your legs as much as possible. Exhale this is ending position for frog pose.
- Benefits- Shapes, tones and strengthens the legs and lower body. Specially the thighs muscles. Good for cardiovascular fitness and promoting circulation and better respiration. Promotes flexibility in the hamstring and calves.

## CONCLUSIONS

Yoga creates opportunities for exercise and alternative medicine, which focuses on physical posture. Yoga develops physical movements and concentration, which is very important for a child. The simple yoga techniques explained above are more essential for sports performers. Yoga should be made compulsory for Physical education classes in schools and colleges, for better physical posture and healthy living.

## REFERENCES

1. *Yoga as exercise or alternative medicine* – Wikipedia, the free encyclopedia [file:///G:/yoga/Yoga for Full Body Fitness.htm](file:///G:/yoga/Yoga%20for%20Full%20Body%20Fitness.htm)