



## BODY RESET - DAY 10

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### Stretching and Yoga

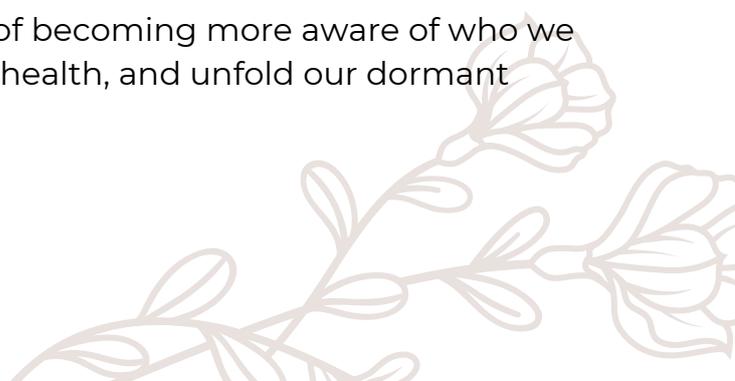


There are many traditional yogic paths that facilitate connection to the highest truth and awaken our own consciousness, including tantra, mantra, laya, kundalini, bhakti, jnana, karma yoga, and so on. Each path specializes in its own techniques and methods to awaken greater awareness and connection to self and life.

*Yoga practices include posture, breathing, control of subtle forces, cleansing the body/mind, visualizations, chanting of mantras, and many forms of meditation.*

#### Day-to-day meaning of yoga

At its most practical level yoga is a process of becoming more aware of who we are. Yoga techniques facilitate balance and health, and unfold our dormant



potential. Yoga allows us to be more aware of ourselves and feel connected. As such, yoga is a process of self-discovery. This leads us to self-mastery and self-realization.

## Yoga as a science

Yoga is a science, that is, it is a body of techniques that lead us to consciously connect with ourselves and with life, the experience of yoga. As yoga is a science, there is no dogma or belief system attached to it. Yoga simply tells us to do a certain practice and then to feel the effect of that practice, e.g. if we breath slowly in a relaxed manner we will slow our heart rate; if we focus the mind we will develop mental peace and deep insight.

## Patanjali's definition of yoga

The great sage Patanjali, in the system of Raja Yoga, gave one of the best definitions of yoga. He said,

*"Yoga is the blocking of mental modifications so that the seer re-identifies with the higher Self"*

Patanjali's system has come to be the epitome of Classical Yoga Philosophy and is one of the 6 or 7 major philosophies of India.

## Benefits

**Improved Flexibility.** The most obvious benefit of yoga stretching is increased flexibility. This helps boost your range of motion in your muscles and ligaments, while reducing your risk of injury.

**Mood Enhancement.** It should come as no surprise that taking a break to stretch and relax can help reduce your stress levels. Even as little as 30 minutes of yogic stretching and breathing exercises have been linked to significant improvements in energy levels and positive mood changes. controlled breathing techniques that accompany yoga stretches help promote a relaxed and meditative mental state.



