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“BYE BYE STRESS” **YOU WON’T BELIEVE** **WHO’S DOING YOGA!**

By Jane R. Snyder

There is something wonderful about being at home in your own skin, but achieving a truly spiritual balance of your mind, breath, and body requires some serious work. For many devotees, this “serious work” has turned into a daily pleasure that provides numerous benefits.

For millions of people around the globe, yoga, from the Sanskrit word meaning “union,” is the path to balanced health. Practiced by adults as well as children, there are many different disciplines of yoga, some of them which date back thousands of years.

Popular forms of practice include: Bhakti Yoga, Bikram Yoga, Hatha Yoga, Iyengar Yoga, Jnana Yoga, Karma Yoga, Kripalu Yoga, Raja Yoga, and Tantra Yoga.

All forms of yoga include breathing, physical postures (asanas), and meditation. By combining these techniques, yoga has been shown to increase blood circulation; to improve lung capacity, strength, flexibility, and balance; and to decrease anxiety, chronic pain, cholesterol levels, and blood pressure.

Once looked upon with scorn by those who did not understand it, yoga is now embraced and touted by individuals in all walks of life.

Countless health practitioners have also seen patients hasten the speed of their recoveries and maintain their good health by making yoga an important part of their lives.

Actors who enjoy yoga include: Jennifer Aniston, Courtney Cox Arquette, Dyan Cannon, Jennifer Lopez, Gwyneth Paltrow, and Julia Roberts. In the musical world, Madonna, Stephanie Pope, and Sting are long-time devotees.

To supplement their regular workouts, athletes such as Barry Bonds, Walt “Clyde” Frazier, Shaquille O’Neal, Pete Sampras, and the top-ranked Williams sisters, Venus and Serena, are among those who enjoy yoga.

And don’t forget, “yoga for couples” can keep both you and your man stress free and in tip-top shape!

For more information, you might enjoy:

Into the Heart of Truth: The Spirit of Relational Yoga

By John McAfee

Living Yoga: Creating a Life Practice

By Christy Turlington, Robert A.F. Thurman

The Heart of Yoga: Developing a Personal Practice

By T.K.V. Desikachar

The Yoga Tradition: History, Religion, Philosophy and Practice

By Georg Feuerstein, Ph.D., Ken Wilber

YOGA: A Guide to Healthy Living

By S.K. Sharma, Balmukand Singh

Yoga: The Poetry of the Body

By Rodney Yee

You might also want to visit:

www.americanyogaassociation.org

www.yogajournal.com

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