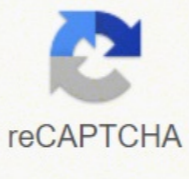




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**Next**



The modern asana derived from Mysore. T. Krishnamacharya and his disciples. B.K.S Iyengar and P. Pattabhi Jois propagated the derived style of yoga asana. Origin of Asana Poses Some of the yoga postures came into existence when the traditional Indian exercise (called vryayama) and western gymnastics approach blend. These are called modern yoga asanas, it has barely 200 years of history. However, traditional asanas have a history even before Patanjali existed 2000 years ago in India. Some examples of asanas originating from natural observation are: Cobra Pose AA Observing as cobra releases their aggressiveness and their emotions stretching across the head, Bhujangasana (Cobra pose) is derived. Tree Pose AĀĀ Observing how a tree stands firmly on its base, Virksasana (tree position) is derived where we try to balance our upper body on unshakable feet. Sun Salutation To be a source of light to the world, the Sun Salutation is derived to worship the sun at dawn. It includes 12 asanas that claim to have links with ancient times. Usually, he saw the names asanaĀĀĀ the names originate from the object, animal, or things naturally present. B.K.S Iyengar described the reason for this: Yogi while practicing asana transforms their body into a specific form of different species or objects. This transformation makes them realize the state of mind in those specific forms. So, in asana, we try to sharpen consciousness from all kinds of species or objects. Why did Ancient Yoga discover Asanas? The yoga asanas is derived in the past to overcome the double question of the bitter body and the asking mind. When yogis sat for meditation, you It is not easy for them to sit in silence as due to an inappropriate posture body joints began painful and the rigid body requires a lot of attention. This made them understand to correct their postures and, finally, the idea of stabilizing the body through asana came into their minds. How many Yoga Asana are there? Source: Shutterstock In yoga, 84 are considered the classical asanas presented by Lord Shiva, according to various ancient texts. Although some other texts listed more than 84 asana, these are the variants of the classic. Why? © 84 Asana. You must have heard of number'84'when looking for the total number of asana in yoga. But why? © Are there only 84 asana, not 100 or 85 or any other figures? There's a reason behind all this. In Hinduism, it is believed that there are 8.400. 000 (84 Lakhs) species on this earth. In fact, it is believed that a soul should pass through the cycle of birth and death of 8.4 million species (84 Lakh Yoni), and then you get human life (Manushy Yoni). In addition, it is said that a child in the womb takes eight.4 million forms and that the birth takes place after nine months. The same analogy applies to the number of asanas in yoga. In asana yoga, it is considered that muscles, joints and different parts of the body can be stretched, flexed or rotated in the different thousands of times. So, Lord Shiva gave 8.4 million moves, which can be obtained through the practice of yoga. How to achieve this much moves in a life is not easy for a person, yet another modeled pose for every 100,000 species. In this way 84 (8400.000/100000) classical wings were born. The number of asana according to the various famous yogic texts is as follows: 1. According to Yoga Sutra Number of Asana/Author not defined Patanjali found in the second century A.C. Patanjali, the father of yoga, did not mention the name of any asana in his famous book Yoga Sutra. In fact, yoga sutra three Asana verses in Chapter 2, which elaborates the element of a correct sitting posture. Later, commentary on Bhasya's Yoga Sutra suggested 12 sitting yoga position for meditation practice. 2. According to Goraksha Samhitha/Goraksha Paddhathi Asana Number 2 Author Gorakshanatha found in 11th19; Century194; A primitive Yogic Hatha text, Gorakshaatha Samhita, declared 84asanas types of asanas. These 84 asanas are considered extracts from the original million 8.4 (84 Lakh) asanas. Of 84 stated asanas, Goraksha Samhita describes only two meditative positions in detail. Siddhasana is complicated PosePadmasana; Lotus pose 3. According to Shiva Samhitha Asana Number 48; Author unknown found in 15th19; Century Shiva Samhitha declared 84asanas along the 19th Prana,dras, and siddis (powers). Further descriptions of the four asana sessions are found in Shiva Samhitha. 4.Second HYP Asana's number 160 191 919; 160A; 16– 126;ĀĀ ĀĀĀ 160; 147; Ā Ā Ā Ā 1477; 1477; 111111 477 777; 167; 1111111160; 164; 160; in detail out 84. In addition, out of the 15 above asanas described in HYP, 11 asanas are just sitting positions for meditation practice (asanas without an asterisk). 5. According to Gheranda Samhita Number of Asana is 32 to 160; AuthorĀĀĀĀ Gheranda Found in 17th19; Century~ 160; Out of 84premium asanas, Gheranda described asanas, which is said to a o0;152; 152; useful in the mortal world; Some of these 32 asanas have already been described in HYP. 6. According to Hatha Ratnavali Asana's number is 84; Authhor Srinivasa19; Found in 17th19 Yogi Srinivasa made the first attempt to list all 84 in Hatha Ratnavali. Although the names of all 84 asanas are given in his text, only 52 out of 84 described by the text itself. 7. According to Joga Pradipika Number of Asanas 84 Author Ramanidi Jayarama In 1737 In Joga Pradipika, 84 asanas illustrated in the painting rather than a verbal description. Joga Pradipika first discovered that most asanas among the 84 asanas are seated and practiced postures to provide therapeutic benefits. 8. According to Light on Yoga Number of Asana 200 Author B.K.S Iyengar (Guru Ji) In 1966 Iyengar's founder of yoga style, Guru Ji showed 200 asanas with his 600 monochromatic photographs in his book «Light on Yoga.» These asanas were classified in a classification system of 1 to 60 depending on the difficulty. "Light on yoga" also known as "big" of yoga, since asanas have never been demonstrated in this descriptive way. 9. According to the Master Yoga Chart Number of Asana « 908 Author « Dharma Mittra « Founded in 1984 The Master Yoga Chart includes 908 asana yoga dedicated by Sri Dharma Mittra to his Guru Yogi Gupta. This chart is usually hung around different yoga studios worldwide to help teachers and students in asana practice. Benefits of Asana Yoga Source: Fitsri Asana in Yoga is the key to obtain relief from all types of disorders body-mind and so on, to improve the quality of life. Whether it physical (slim, muscles, joints) or mental (anxiety, depression) problem, asana can help you recover from it. We see some benefits based on the evidence of asana practice. 1. Promotes muscles and joints Flexibility In asana feet of yoga (mountain and half-moon pose) is well known to increase joint movements and flexibility of muscles. Increased flexibility does not leave pains and pains to joints. Asana practice protects us from conditions such as arthritis, osteoporosis and back pain because, in asana, different bone joints, the muscles perform movements to all their range of movement. 2. A better respiratory system Asana with breathing is one of the best things you can do for yourDeep and concentrated breathing in sitting yoga asana increase the elasticity of the lungs along. Practice sitting and supine yoga pose with yogic yogic It is useful for people with asthma and chronic obstructive bronchopneumopathy (BPCO) These asanas increase the capacity and flexibility of the lungs. 2. Relief from stress and Asana anxiety is the way to relax the body in a specific position. When we relax, deep and concentrated oxygen fills our lungs. Now, this fresh oxygen spreads rapidly into the internal organs as we relax, bends into any asana. It releases the adrenaline gland. A pilot study conducted to detect changes in the brain level of GABA suggests that it increases after an asana session. This increase in GABA levels helps individuals fight depression and anxiety disorders. Asana to relieve stress and anxiety are savasana (Posa del Corpo) and Balasana (Posa del Bambino). 3. Improves physical balance As we know from the beginning, the lasagna concerns the position of the body. Some asanas practiced in an upright position, others in a sitting position and others in a lying position. During an Asana, a practitioner focuses on a point by remaining in the same position for a long time. This tendency of asana retention for long periods improves the physical balance of the body. Number four. It brings the equanimity of mind and body The human mind is not stable most of the time. The mind swings like a pendulum from the past to the present, from the present to the future, from pain to happiness. Thus fear, anxiety, anger born from the instability of mind and body. While making an asana, the mind begins to focus on the present pose rather than the past or the future. This concentration of the mind in a single place brings equality with the body. Yoga Asana FAQ Q1 Why do yoga poses practice before lunch and meditation? Answer: As we know, yoga poses are mainly focused on the body, rather than on the mind and other psychological aspects. The ancient yogi the asanas before pranayama and meditation (mental practices) so that you can first master your body and then understand the mind becomes much easier. Q2. In what physical condition should I not practice yoga yoga Answer: Common contraindications for yoga poses are, asthma, back injuries, diarrhea, hypertension, menstruation, pregnancy and shoulder injuries. However, it is always possible to practice poses with some changes under the guidance of an experienced teacher. Q3. What should be a good sequence of different choices in my daily practice? Answer: A good yoga sequence of poses begins with the seat posture (meditative), then elongation of heating, erect postures, very few balances of the arm, inversions, reinforcement poses of the nucleus, backbend, stand of the shoulders, curvature forward, and finally ends the session relaxing in the laying of the body. Q4. How many yoga poses can I do daily? what should be the optimal duration of a session? Answer: It totally depends on how long you can devote to your practice. If you don't have much time, do 4 rounds of sun greeting as it involves almost all parts of the body. In ideal circumstances, a session should include 13-15 yoga poses in the manner described above (including all kinds of yoga poses). Each yoga pose can be held for an average duration of 3-5 minutes, which makes a session of about 1 hour long.