

DEFINITION OF YOGA

The word "yoga" comes from the Sanskrit root yuj, which means "to join" or "to yoke".

Yoga is a practical aid, not a religion. Yoga is an ancient art based on a harmonizing system of development for the body, mind, and spirit. The continued practice of yoga will lead you to a sense of peace and well-being, and also a feeling of being at one with their environment. This is a simple definition.

The practice of yoga makes the body strong and flexible, it also improves the functioning of the respiratory, circulatory, digestive, and hormonal systems. Yoga brings about emotional stability and clarity of mind.

In the practice of Yoga the ultimate aim is one of self-development and self-realization.

Think of this practice as being the means and tools to realign and rebalance your vehicle (body) on a regular basis. You take control and you can then become your body mechanic instead of having to pay someone else to do it (medical professionals). Because your body is finely tuned you will find that your chances for injuries and illnesses will drop as you are in a much more attuned state.

You don't want for something major to happen to you before you decide to do something about it. That's reactive behavior and that's going to set you back big time, all you have to do is take action now Yoga is Easy to do.

A system of exercises for mental and physical health.

Yoga: A Hindu philosophy that teaches a person to experience inner peace by controlling the body and mind.

Full Definition of YOGA

Capitalized: a Hindu theistic philosophy teaching the suppression of all activity of body, mind, and will in order that the self may realize its distinction from them and attain liberation.

A system of exercises for attaining bodily or mental control and well-being.

Medical Definition of YOGA

Capitalized: a Hindu theistic philosophy teaching the suppression of all activity of body, mind, and will in order that the self may realize its distinction from them and attain liberation.

a system of physical postures, breathing techniques, and meditation derived from Yoga but often practiced independently especially in Western cultures to promote bodily or mental control and well-being.

Also Yoga An ascetic Hindu discipline involving controlled breathing, prescribed body positions, and meditation, with the goal of attaining a state of deep spiritual insight and tranquility.

A system of stretching and positional exercises derived from this discipline to promote good health, fitness, and control of the mind.

Word History: The word yoga comes from Sanskrit yoga, "yoking, joining together" and by extension

"harnessing of one's mental faculties to a purpose" and thus "yoga." The Sanskrit word descends from the Indo-European root *yeug-, "to join, yoke." In the Germanic branch of the Indo-European language family, *yeug- developed into yuk-, represented in Old English by geoc, the ancestor of Modern English yoke. The root *yeug- is continued by words in most of the branches of the Indo-European language family, which indicates that the speakers of Proto-Indo-European used draft animals to pull their plows and draw their wagons.

According to Hindu Philosophy, "a Hindu system of philosophy aiming at the mystical union of the self with the Supreme Being in a state of complete awareness and tranquillity through certain physical and mental exercises."

(Hinduism) a Hindu system of philosophy aiming at the mystical union of the self with the Supreme Being in a state of complete awareness and tranquillity through certain physical and mental exercises.

(Philosophy) any method by which such awareness and tranquillity are attained, esp a course of related exercises and postures designed to promote physical and spiritual wellbeing. See Astanga yoga, Bikram yoga, hatha yoga, power yoga, raja yoga, Sivananda yoga.