

Inner Work Guidebook

ACTIVITY: YOGA

Description and Detail of Activity

What is it?

Yoga could possibly come under the category of “Body Work” as it entails the physicality of strength, stretching and balance. In addition to the body aspect, it would be more accurate to say: Yoga is a universal art based on a harmonizing system of integration for the body, soul, and spirit.

Why do it?

The continued practice of yoga might lead you to a sense of peace and well-being, and feeling of being at one with your environment. The practice of yoga can help to make the body strong and flexible; it can also improve the functioning of the respiratory, circulatory, digestive, and hormonal systems. Yoga often brings about inner harmony, emotional stability and clarity of mind.

How to do it?

Yoga is best studied under a qualified instructor. As with other spiritual practices, it should be done regularly, and over a long period of time. You may attend a class weekly as well as practicing regularly, at home, in order to improve concentration and to enhance the physical, mental and spiritual benefits.

Suggested Resources for this Activity

Essentials of Yoga Practice and Philosophy by the Sivananda Ashram Yoga Farm, Print Media Books.