

Myths Of The Asanas The Ancient Origins Of Yoga

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There are many myths and misconceptions surrounding yoga and its practice. And practicing the yoga asanas, believe rely on those myths blindly and follow them as their yoga routine. As a result ...

World Yoga Day 2021: 5 Myths and facts about yoga revealed by Grand Master Akshar

One of the most harmful myths that creates erasure of the essence ... us how to practice yoga in our physical bodies and minds. Asana is the practice of the yoga postures. Pantajali taught the ...

Practicing the 8 Limbs of Yoga Will Help You Understand Yoga as It Was Meant to Be

Parikh: There's a whole genre called prenatal yoga filled with great low-impact asana, poses, that you can do if you're pregnant. Patel: I think this myth

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might be around because in certain ...

Yoga experts debunk 12 yoga myths

You've heard of travelling for wellness, now let us introduce you to its serenely quirky cousin, WATER wellness.

Check out Scotland's thriving water wellness scene

Yoga is for everyone, regardless of body type and ability, so it's a myth that you must be flexible to do yoga ... When you move through yoga asana, you're lubricating and loosening these tissues so ...

6 Yoga Poses to Help Improve Flexibility

Despite hypertension's increasing prevalence, it is still widely misunderstood. Here are some common myths about hypertension. Myth: Hypertension is not serious Fact: Hypertension is called a ...

Common myths about blood pressure

To help you get some clear answers, we bust some associated myths and lay down the facts for you. Is summer sweat good for health? Whether in the summer or during winters, from the physiological ...

Weight loss: Can sweating in summers lead to fat loss? We debunk some common myths

Even though I know that multitasking is a myth, I am able to switch back and forth between ... center even when you are being pulled in multiple directions. Asymmetrical yoga poses, where the two ...

A Centering Sequence for When There's Too Much on Your Plate

"If yoga were all about asanas and flexibility, then no one would be better yogis than circus acrobats!" quips yoga guru Dr Hansa Yogendra, director of The Yoga Institute, Mumbai, in her inimitable ...

Dr Hansa Yogendra, Director – The Yoga Institute, On Yoga As A Way Of Life

This asana ensures good blood circulation to all parts of the body and increases the flexibility of the spine. It also strengthens the arms, shoulders, hips, thighs and wrist. It balances the hormones ...

8 Effective Yoga Asanas For Weight Gain

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Covid-19 vaccination: Myths vs Facts

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Well, yoga is so much more than all the myths that surround the practice ... up instead of scrolling through your phone try these asanas child's pose, supine side stretch and seated cat-cow.

International Yoga Day: Fun quirky ways of doing yoga to make it enjoyable yet effective

Research says that certain meditation, yoga asana and pranayama practices may ... Women and epilepsy: Eminent neurologists bust myths around this neurological disorder Despite the availability ...

Video Gallery

There are several yoga poses by which people get relief for different ... Contrary to the popular myth, exercise is actually recommended during periods, as it helps to release endorphins, the ...

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