

Easing Your Stress With Yoga

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Have You Ever Wanted To Achieve A State Of Total Relaxation But Never Believed That Yoga Was For You? Has the stress of daily life made you tense, uptight and too wound up to be able to think clearly? If so, then you are not alone. 40 of Americans feel that their lives are too stressful and over 60 of Americans say that they find themselves in situations where they feel lost at least once a week. Such conditions are unfortunate and can be distressing, but if you feel overwhelmed by the stress of daily life, fret not. There is a solution that has been helping people deal with stress for thousands of years and its a solution that you probably are already familiar with. Surprisingly, yoga is as common these days as apple pie, but still, the vast majority of people arent accustomed to using it to relieve their tension. Despite the fact that nearly every gym offers yoga classes, yoga still isnt looked at as an accepted treatment. Based on the statistics given above, a significant number of people are living their lives entrenched in stressful lives, but only an estimated 13 of people practice yoga. This means that more than a quarter of the population isnt properly solving its stress issues. If you are one of those people who is living with pressure that comes with life in this new millennium and you arent doing anything about it, then you should consider giving yoga treatment some serious thought. I have been practicing since I was in college, but only recently have I discovered the amazing medicinal power yoga contains. I started practicing yoga because I needed an easy gym requirement to graduate and I figured that nothing could be easier than sleeping through an early morning yoga class. By the time I found out how wrong I was, it was already too late in the semester to change. I was stuck with yoga and as I would soon realize, yoga would be sticking with me for the rest of my life. I didnt do yoga to ease my mind, I did it because I enjoyed the experience. I wasnt living a very stressful life when I started, so as I graduated college and I began to acquire more stress, the yoga meditation never seemed to be a cure. It was always more of a constant life experience than a solution to a problem I was having. I enjoyed the relaxation aspects and kept doing it because it provided me with a much needed break from my life. It gave me the opportunity to take a couple of deep breaths and to take stock of my life. As I grew up, my yoga regime became a routine and I often thought that if I didnt continue practicing, my life would fall apart. In my mind, my yoga was a way to prevent

something from happening, instead of helping me deal with the things troubling me in my life. It was only recently did I realize the true benefit that comes with taking yoga seriously. You see, although I do my yoga routines every single morning, I was still getting stressed out. I have a busy lifestyle and my job is constantly making unreasonable demands on my time. I was unaware of what was happening, but before I knew it, I had a short fuse and I seemed to always be yelling at someone for something. Not what you expect from someone who does yoga daily. My first thought was that the yoga I was doing wasn't working. I felt a sharp twinge of worry. Had I just spent the last few years waking up early and performing yoga for nothing? Was I treating myself with a placebo, or, worse, was I doing the yoga wrong? It turns out my worrying was for nothing, but this incident taught me a very important lesson. And it is this lesson that I want to relay to you today. The only way I could prove to myself that the yoga was having a positive effect on my life was for me to stop. The thought itself was heart-stopping and I prayed to god that the effect of this experiment wouldn't be disastrous. I had been performing the same routine without fail for years and the thought of quitting cold turkey was nerve racking. When I stopped to realize that I was removing what I perceived was the cure for my nervousness, I was quite justifiably scared. The first day I didn't do my yoga felt weird. I felt guilty and uncomfortable all day. The second day got easier, but my tension level was still far too high for my liking. Throughout that first week, my life returned to normal, but my attitude was progressively getting worse. I felt myself sinking lower and lower into a pit of helplessness. I felt my life circling around me and I felt unable to stop it. Shortly after I started getting these feelings I decided to return to my yoga routine and see if the nervousness would go away. I was a little disappointed to discover that returning to yoga helped my situation. As soon as I started my morning yoga ritual again, my attitude reversed itself and I was feeling happy once more. I was back to how I was feeling before my little experiment, so that means I was still stressed out. If it wasn't the yoga itself that wasn't working, maybe there was something else that I was doing wrong. I decided to forgo the self examination and consult a professional for help. I approached a yoga teacher that I know with my problem, hoping that he would know of a solution. Thank god he did. He sat me down and explained to me that there were different kinds of yoga exercises. He told me that the exercises I was currently using were beneficial for overall well being, but if I wanted to focus on relieving my stress, there are other forms of yoga I should be utilizing as well. The teacher then proceeded to explain to me the different types of yoga that exist. I had no idea that there are so many different types. My mind was boggled at first, but once I started doing

research I saw how simple it was. Much like so many different exercise routines, different yoga exercises help different parts of your body. There are yoga techniques for love, devotion, wisdom, well being, selfless action, service, conscious thought, awareness and sex. Knowing which branch of yoga you should attempt is vital towards having yoga help solve what ails you. If you feel like your life is spinning out of control, yoga is the cure for you. Without spending thousands of dollars going to gurus and taking classes, yoga can be learnt in the privacy of your own home. Let this book show you how. Can Yoga Really Help Me Relax? Yoga is the age old tradition of combining proper concentration with breathing techniques that will focus your mind and connect your body to your soul. There's a reason why it is not only the world's oldest form of exercise, but also the world's oldest healing technique. If you are feeling stressed out and need help maintaining control of your life, yoga can help. Learn why yoga will work for you and unlock the secrets of this ancient spiritual practice. 4,000 years of Hindu participants can't be wrong. Easing Your Stress With Yoga Will Help You... Understand How Yoga Can Work For You! Implement Yoga In Your Life! Use Yoga To Reduce Stress, Look Better, Lose Weight Or Even Improve Your Sex Life! Differentiate Between Proper Yoga Techniques And Dangerous Imposters! Find Your Life's Path Through Yoga! Achieve A Feeling Of Happiness! I Know Yoga Can Help Me Relax, But Can It Really Help My Sex Life? Unlike most of the world's major religious institutions, which associate holiness with celibacy, Yoga understands the mystical value that is associated with sex and embraces it. One form of yoga, called Kundalini Yoga, is dedicated to achieving a higher level of sexual intimacy, drawing on the belief that only when man embraces his animalistic desires, can he understand that relationship. Easing Your Stress With Yoga will teach you how to be more sensitive to your emotions and the emotions of your partner. Easing Your Stress With Yoga will help you encompass not only your sexual feelings, thoughts and contact, but it will also help you use this newfound sexual understanding and experience as a method of attaining enlightenment and wisdom. Easing Your Stress With Yoga will teach you how to embrace Kundalini Yoga and how to tap its power source for yourself.

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