



Why should I practice yoga?

Benefits of Yoga

- Yoga can reduce stress.
- Yoga improves strength, balance and flexibility (of body, mind and spirit).
- Yoga also can improve your concentration and aids in mental clarity.
- Yoga helps prevent illness and keeps the systems in the body in order.
For example: Aids in circulation, digestion, respiration and reproduction. Yoga also tones your organs, improves your posture, frees your breathing and is cleansing.
- Yoga can increase energy and vitality, promoting a sense of well being.
- Yoga steadies the emotions and encourages a caring concern for others.
- Yoga can transform the way you look, feel, move, breathe and interact with friends, family and coworkers.

Most of the benefits mentioned above are secondary to Yoga's original purpose, a union with the Absolute or the true self (Atman). But whether you pursue Yoga as a spiritual path or for its psycho-physiological benefits, Yoga is a methodology for developing a deeper experience of your self and the world. Plus, it makes you feel really good!

Objectives of classes at Yoga Loka

- To increase awareness of yoga principles and philosophy.
- To learn and practice yoga postures (asanas) and breathing techniques (pranayama).
- To improve strength, tone and flexibility of the body and mind.
- To learn and practice meditation techniques.
- To learn how to relieve stress and cultivate energy from within.
- To become more aware of our true nature and the truth about who we really are.