

# Stay Healthy with YOGA

by Bharati Amin



The word *Yoga*, derived from the Sankrit word *Yuj*—meaning to join, yoke, or concentrate—is the evenness of the mind. The *physical* aspect of Yoga is known as *Hatha Yoga*, although it is generally just referred to as *Yoga*. Breathing exercises in *Hatha Yoga* are known as *Pranayama*—the science of breath control.

Yoga is a science of health. It not only helps keep a healthy and strong body in strenuous conditions, but also helps retain mental balance. Yoga is not merely a system of physical exercises but a complete way of life. It helps one remain healthy in any adverse condition and retain mental balance in any difficult situation. In essence, Yoga can help you attain a life full of harmony, one that is enjoyable and worth living.

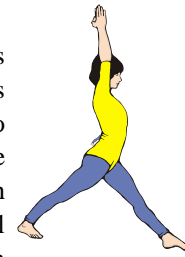
Yogic exercises, known as *asanas*, are postures that have a beneficial effect on the body's circulatory, respiratory, cardio-vascular, digestive, excretory, and central nervous systems as well as the glands. Yoga improves the flexibility of muscles, bones, and ligaments too. It also improves the nutrient cycles of digestion, respiration, and circulation which nourish and service every cell and tissue as well as the vital messenger systems of nerves and hormones which balance and regulate our physical, emotional, and mental responses. Yoga, unique among all forms of body-culture, works systematically on all these parts of the living body to keep them functioning in balance and in perfect condition.



The physical body is only one aspect of health in Yoga. Philosophy, mind, and spirit are just as important. Western medicine too has begun to understand that the mind must heal for the body to mend. But the western approach is piece-meal, whereas Yoga integrates the science of mind, body, and spirit. If your nervous and endocrine systems are healthy, the body and mind will respond positively to any demand or threat, and quickly return to normal functionality.

Yogic exercises combined with breathing exercises can cure the sinuses, cough, cold, headaches, and asthma. It also helps cure stomach problems such as indigestion, acidity, constipation, and ulcers. In addition, it gives relief from back, neck, shoulder, and knee pains as well as sciatica, arthritis, and rheumatism. Yoga has even helped patients with diabetes, cancer, and heart trouble. Doing Yoga and Pranayama increases stamina, vigor, stretchability, height, endurance, resistance to diseases, weight-control, memory, concentration, and will-power. Moreover, Yoga eliminates stress, strain, hypertension, and cholesterol, which is why some recommend "to keep Yoga in, and trouble out."

Hatha-Yoga exercises can be done by adults and children of any age. It requires no special equipment—just yourself! So, come try these life-long exercises for your health and well-being today.



## YOGA BHARATI CLASS SCHEDULE

Day	Time	Place
Mon	9:30 - 10:30 am 10:30 - 11:30 am*	Heights Rec Center Heights Rec Center
Tue	9:30 - 11:00 am 5:30 - 6:30 pm 6:00 - 7:00 pm	Richardson Senior Ctr Richardson Senior Ctr Heights Rec Center
Thu	9:30 - 11:00 am 5:30 - 6:30 pm 6:00 - 7:00 pm	Richardson Senior Ctr Richardson Senior Ctr Heights Rec Center
Fri	9:30 - 11:00 am 6:30 - 7:30 pm 7:00 - 8:00 pm	Richardson Senior Ctr Murphy Rec Center Heights Rec Center
Sat	11:00 - Noon 11:15 - 12:15 pm	Heights Rec Center Murphy Rec Center

\*Yoga for Pregnant Women +Yoga for Back, Neck & Shoulders

### Richardson Senior Center (for all ages)

820 W. Arapaho Rd (off West Shore Dr, across from Tom Thumb).

Phone: (972) 744-7800

Fees: \$5/class, drop-in rate.

### Heights Recreation Center

711 W. Arapaho Rd (off Floyd Rd), Richardson

Phone: (972) 744-7850

Fees: \$24/month

### Murphy Recreation Center

City Hall Community Room, South entrance.

206 N. Murphy Rd (off FM 544)

Phone: (972) 468-4000

Fees: \$22/month. Online @ [www.murphytx.org](http://www.murphytx.org)

### Questions?

Call (972) 235-1515

Visit [www.StartYoga.com](http://www.StartYoga.com)

**Bharati Amin, founder of YogaBharati, is a certified Yoga teacher who has been teaching Yoga for over 30 years. She has taught thousands of students in the U.S. and in India.**

## YOGA VIDEOS

Use these videos to keep in shape at home if you miss a class, or give as a gift to your friends and family.

- ♥ *YOGA for Beginners* \$20
- ♥ *YOGA for Intermediates* \$25
- ♥ *YOGA Pranayama (Breathing) & Eye Exercises* \$ 25

Save! Get all 3 DVDs for \$60!

## YOGA MUSIC

Listen to unique, relaxing, and consciousness-raising chants of mantras in a background of natural sounds—perfect for yoga or meditation.

- ♥ *Mantras for Peace*
- ♥ *Facing Life - Basics for a Seeker (talk)*
- ♥ *Music for Meditation*
- ♥ *Mantra for Protection (Om Namoh Bhagavate Sri Aravindaya)*
- ♥ *Experiments (on Guitar)*
- ♥ *Mantras Eternal*
- ♥ *Om Mantra - Chants with Guitar*
- ♥ *Mantra for Transformation (Om Namoh Bhagavate)*
- ♥ *Om Namah Shivaya (Mantra for Detachment)*

CDs: \$15 (\$10 for students)

## AUROVISION BOOKS

Get the essence of all yogic and spiritual wisdom from this concise books...

- ♥ *You asked about Sri Aurobindo: 25 Answers*
- ♥ *Peace—The Womb of Power*
- ♥ *OM—The Magical Mystical Sound*
- ♥ *Facing Life—Basics for a Seeker*
- ♥ *Dynamic Meditation*
- ♥ *Black-Eyed Peas or Brahman the Absolute? — Conversations with the Supreme*
- ♥ *Mantras Eternal*
- ♥ *The Cosmic Beauty of Mental Silence*

Books: \$5 and up

## Reviews of Yoga-Bharati Videos

*“...when it comes to demonstrating [the] 18 basic poses...you might say she bends over backward to help viewers get them right...The yoga is right on...for the sincere student”*

—The Dallas Morning News

*“It is like a private one-on-one lesson with Amin providing instruction on how the combination of physical and breathing exercises can have positive effects on the mind and body.”*

—The Washington Times

## Inspiration from Bharati's Yoga Students

*“I came to yoga to increase my flexibility, balance, and endurance. So far, I've been amazed at my progress. Bharati has been an attentive instructor...I rate her as an excellent and caring instructor.”*

—L. Weber, Texas

*“There is no doubt in my mind that these yoga sessions enabled me to maintain the alertness, calmness, and clarity of thought...the training was an outstanding success and one of the best experiences of my life.”*

—J. Martinez, Texas

*“I find that the practice of hatha yoga and pranayama have enhanced other aspects of my exercise routine as a ‘warm-up’ and ‘cool-down’.”*

—L. Weiss, Maryland

*“My doctor suggested I should also try something that is more total-body oriented in addition to running. She suggested Yoga. I had never done Yoga...now I'm totally committed to yoga.”*

—S. Smith, Texas

*“I have lost weight gradually, and am much thinner. I look and feel much more youthful. When I tell people I am 60 years old, they do not believe me. My doctor did not believe that I take no youth hormones, or any other form of medicine.”*

—J. Kraft, Maryland

FOR MORE INFORMATION

CALL 972-235-1515

[www.YogaBharati.com](http://www.YogaBharati.com) or [www.StartYoga.com](http://www.StartYoga.com)

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FOR A HEALTHY MIND  
AND A HEALTHY BODY