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ANCIENT WISDOM FOR MODERN WELLNESS

The enduring relevance of yoga



With its emphasis on mindfulness practices and physical stretches, Yoga — an ancient practice born in India and practised by sages and yogis for thousands of years — is still as relevant in our modern times as it was back then, and can offer solutions to many of our contemporary health challenges.

Reema Islam, a consultant who works in the development sector, is a regular yoga practitioner and acknowledging the benefits of yoga, stated, "I practice yoga regularly because it suits my life. Thanks to yoga, I don't feel stiff or lethargic."

Islam explained that people who are in their 40s like her suffer from numerous age-related problems. So, it is vital to increase the body's flexibility. "Nowadays, due to our unhealthy lifestyle, we encounter issues such as muscle soreness or injury. If you keep doing yoga, you can easily avoid these problems."

From the classical version outlined in Patanjali's Yoga Sutras emphasising the

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eight limbs of yoga to the introduction of Hatha yoga, which brought more focus to the physical aspects, yoga, as a practice, has constantly adapted to meet the changing needs of its practitioners.

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Dipti Auroni, a music practitioner, started practising yoga when she was 16. She is a school teacher now, and allocates a certain period of her time to yoga. "Given the pace of our

modern lifestyle, it is very easy for us to get restless. Yoga helps me to maintain my inner calmness amidst the chaos. For me, it is a necessity, as through this practice, I can nurture my awareness and balance."

Imagine a young professional, overwhelmed by the fast-paced corporate world, finding solace in the quietude of a yoga studio. The deep breaths of Pranayama and the calmness of meditation act as an antidote to her anxiety, reducing stress hormones and bringing a sense of peace. Or, picture a man battling obesity and the looming threat of diabetes, discovering not just an exercise regimen in yoga but a new way of life. The asanas strengthen his body, improve his cardiac health, and regulate blood sugar. So, the adaptability of yoga makes it a protagonist in our journey towards health and well-being,

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