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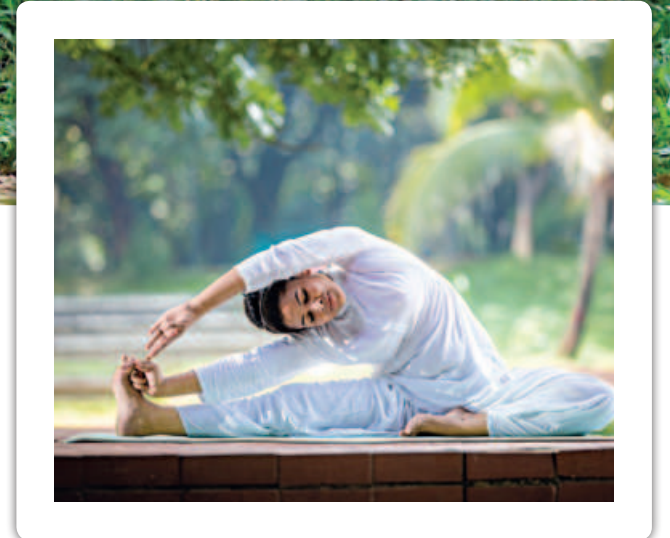
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Ancient wisdom for modern wellness: The enduring relevance of yoga

The sage Patanjali, often considered the father of yoga, codified the practice in his treatise, the Yoga Sutras, offering a philosophical guide to mastering the mind, body, and spirit.

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proving that ancient wisdom can combat contemporary ailments!

Shazia Omar is a yogini and co-founder of Dhaka Flow, a wellness movement.

Omar said, "Yoga is still important for our well-being because it is preventative, unlike symptomatic treatment. Yoga is a mind-body practice that encourages practitioners to develop a deeper understanding of their bodies, leading to better health choices and lifestyle changes. "Yoga is practised worldwide. We need to be aware of its benefits. It has become more accessible now — for example, Dhaka Flow offers free yoga classes on weekends at Justice Shahabuddin Park. Nevertheless, anyone can learn yoga under the guidance of a good teacher. Once you have learned it, you can practice it on your own. It is a small-time investment that can benefit you for a lifetime."

Perhaps, the most beautiful

aspect of this story is the harmony yoga creates between mind and body. As oftentimes, we find ourselves split between physical health and mental

Eliza Chowdhury, founder and yoga teacher at Eliza's YogArt, Yoga and Wellbeing Center, sheds light on the transformative power of yoga.

is likely due to yoga's ability to enhance posture and open the chest muscles, thus facilitating better breathing.

According to a study



well-being, yoga sings a song of unity. It teaches us to listen to our bodies, understand our emotions, and make choices that lead to a holistic sense of health.

According to Chowdhury, yoga can be particularly beneficial for individuals struggling with asthma and other health issues. This improvement, she explains,

conducted by Johns Hopkins University, USA, yoga can significantly improve cardiac health, reduce symptoms of asthma and arthritis, and aid in

weight loss and quality sleep.

Other studies have shown its invigorating effect on mental and physical energy, improving fitness and reducing fatigue. So, no matter how ancient this practice is, yoga has stood the test of time — helping us achieve fitness in modern times.

The sage, Patanjali, often considered the father of yoga, codified the practice in his treatise, the Yoga Sutras, offering a philosophical guide to mastering the mind, body, and spirit. Centuries later, the asanas (physical yoga postures or poses) and Pranayama (the practice of conscious breathing exercises), can help us find solace and balance in our busy lives, where most of the time, we stay chained to our desks.

Whether it is on social media or other platforms, we see many

celebrities and influencers practising and promoting the benefits of yoga in maintaining a healthy lifestyle. Hence, yoga — a practice mentioned in Rigveda centuries ago — is still as popular as it was during the ancient times when sages and spiritual practitioners used it to attain longevity.

Steeped in history, yoga has not only adapted to modern needs but has become an essential tool in our quest for a balanced life. This ancient practice transcends time, proving that some solutions to our current health and lifestyle challenges have been with us for centuries.

By Ayman Anika
Photo: Eliza's YogArt, Yoga and Wellbeing Center