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Revelations Yoga Vedanta Books & More - Wellness Center

# Distress, Stress, De-Stress

## YOGA

The root word Yuj means Union in Sanskrit. So Yoga is union between body and mind, body and spirit, individual soul to supreme soul, and simply put union between you and nature. Yoga is combined practices broken down as Asana (physical postures), Pranayama (breath awareness), Dhyana (meditation), and Kriya (cleansing techniques). All of these components work on the body on physical, mental, emotional, and spiritual levels. In other words they work on us as a whole. When combined they are strong in restoring the health in our system.

Yoga is both dynamic and relaxing. There are two schools of thought. One is Hatha Yoga which is fast and jerky movements and Vasistha Yoga which is slow and deliberate movement. For overall health both are effective. We combine dynamic movement with intervals of relaxation for increase in energy and do slow deliberate movements for awareness, flexibility, and strength. By creating stimulate and relax cycle. Most important part is discharging the deep rooted stress levels in the body. As Dr. Candace Pert (Molecules of Emotions) says, "Our body is our subconscious mind." We knowingly and unknowingly hold emotions, feelings, and unresolved issues within us. Ponder on these thoughts, what am I really holding on to in this body? Am I using my full capacity of the mind to create the health and well being I desire and deserve? Does this process need to be so complicated? Wouldn't you prefer simple practical routine to spend a few minutes daily to improve and enhance your energy levels?

Yoga is a systematic process for accelerating the growth of personality at the physical, mental, intellectual, emotional and spiritual levels.

## De-Stress How?

Have you ever wondered how lack of ease happens? In the past modern science gave no significance to the mind. However, even they accept now many of the immune disorders are due to the level of stress we carry within us.

According to yogic lore everything begins in the mind. Sage Patanjali defines in his second aphorism 'Yogah Citta Vrtti Nirod-hah' (Yoga Sutras: 1.2). Yoga is a process of gaining control over the mind. Control involves two aspects - a power to concentrate on any desired subject or object and a capacity to remain quiet any time.

We all developed concentration naturally as we are constantly asked to concentrate by parents and teachers etc. The capacity to remain calm and silent comes harder for most of us. Because of our fast paced society and constant activity we rarely slow down for any reason.

Yoga is a skillful trick to calm down the mind by subtle process instead of using force. Another way is to maintain relaxation and awareness in action.

Yoga is a state of great steadiness at emotional level; balance of concentration and detachment at mental level and homeostasis at body level. Integration of personality happens by bringing mind body coordination in a well balanced way.

## Technique

Sit comfortably on the floor or in chair. Spine straight. Relax body head to toes. Clear your mind and observe breath.

Abdominal Breathing for 1 minute - deep slow breath in and out - place thumb and forefinger together  
Thoracic Breathing - expand the chest fully and relax with exhalation for 1 minute - hold 1st posture and bring in the three fingers into the palm

Clavicular (upper lungs) Breathing - slightly lift shoulder with inhalation and bring down with exhalation for 1 minute - make fist with thumb inside.

Relax - increase time with each part when you have time.

## Asanas - Postures

Yogasanas are physical postures often imitating the natural positions of the animals meant to make the mind tranquil. Through these postures, the physical revitalization and deep relaxation and mental calmness are achieved.



Start with....

Simple loosening of the joints  
Stretching  
Awareness in movement  
Breath Awareness