



YOGA YOU SANCTUARY

235 Liscard Road, Wallasey, Wirral, CH44 5TH

www.yogayousanctuary.co.uk

TEL: 0151 639 9699



May 2011

The influence of asanas on one's mental outlook .

The stepping stone to higher awareness and a happy life is an optimistic attitude .Asana's help to change and re-orientate a persons mental outlook.

Firstly, asana's greatly influence the functioning of the endocrine system - affecting reproduction, digestion, and emotional reactions within the body. For optimum health the entire endocrine system must be in balance and perfectly co-ordinated, each gland secreting the required hormone in the right quantity at the right time- a person who has a healthy endocrine system is generally optimistic, clear in thought and positive in action.

Secondly, asana's bring about harmony in the other bodily systems which are rhythmical in nature and include the blood, nervous, respiratory digestive and the endocrine system already mentioned -thus co-ordinating the mind body system.

Thirdly, asana's have subtle influences on the energy field which surrounds and permeates the whole body - the pranamaya kosha - or etheric body, by allowing prana to flow through specific pathways or nadis - as such the uninhibited flow of prana through asana's leads to profound equilibrium and calmness on the pranic and mental bodies bringing about remarkable improvements in ones overall health and attitude towards life.

Fourthly, asana's automatically bring about a change in breathing, bringing about mental and emotional equanimity by slowing down the breathing, deepening the inhalation and exhalation.

Fifthly, awareness is an essential feature of the practices of asana - whilst performing one should be fully aware of what is being done and not allow the mind to wander. Our emotional and mental attitudes and feelings are noticeably reflected in our physical poise and expressions. If we are angry we tend to hunch our shoulders; if we are tense and worried we frown; if we feel nervous we shake etc. Conversely if we feel happy we simultaneously feel light and more flexible in the body - these mental and emotional attitudes are reflected in the body. This is a two way process - and we know that the body can induce corresponding changes in the mind. Asana's make the body relaxed, strong, light, supple, free of aches and pains and this in turn brings about emotional and mental calmness and confidence, they are also very useful in helping to eliminate disease and so this is in turn is conducive to mental and emotional stability.

All these factors interrelate with each other and the overall result is a notable positive change in ones sub conscious and conscious thinking processes.

Namaste- Ann