

Ashtanga yoga



It is named after the term given in Patanjali's *Yoga Sutras* for the eight-fold path of yoga, or *ashtanga*, meaning "eight-limbed" in Sanskrit. *Breath*: It is recommended that postures are held for five to eight breaths or more, if possible. *Drishti*: For every posture in the series, there is a set of drishtis, or gaze points. *Vinyasa*: This is the breathing system that connects every movement in the series with the breath. *Bandhas*: The practice should be carried out with the bandhas, or "body locks," engaged in order to ensure that the breath is also correct. *Daily practice*: A six-days-per-week practice is encouraged.

Benefits of Ashtanga Yoga

1. Ashtanga not only makes your mind calm and soul peaceful, practicing this style of yoga makes your body toned, strong, and controlled.
2. Ashtanga will benefit you with various mental issues like stress, tension, etc. It opens your mind, allows you to apprehend knowledge and is great for mental rejuvenation.
3. Ashtanga also works on spiritual healing; it is a great way to get connected with your inner-self. It will help you fall in love again and also give you a better understanding of the self.
4. Emotional benefits consist of controlling and balancing one's emotions. It is said that most of the sufferings are caused by emotions. A balance between emotions and feeling is needed, Ashtanga helps you with it.

5. It helps you to lead a happy, healthy, and fruitful life. It opens the mind, makes your IQ strong, builds confidence, helps to interact with people, etc., to name a few.

Source of Information

www.svyasa.edu.in

Field Code Changed

www.medicalnewstoday.com

Field Code Changed

www.kedarnathyoga.com

Field Code Changed

<https://www.gaiam.com/blogs/discover/the-benefits-of-yoga>

Field Code Changed

<https://thehotroomyoga.com/the-yoga/>

Field Code Changed

<http://yogaposesasana.com/what-is-vinyasa.html>

Field Code Changed

<http://yogaposesasana.com/vinyasa-yoga-poses.html>

Field Code Changed

<https://www.stylecraze.com/articles/amazing-benefits-of-vinyasa-yoga-for-weight-loss/#gref>

Field Code Changed

https://www.vinyoga.com/ys2_2.1_asanas.php

Field Code Changed

<https://www.doyouyoga.com/9-reasons-to-practice-yin-yoga/>

Field Code Changed

<https://www.chronogram.com/hudsonvalley/turning-inward-with-yin-yoga/Content?oid=2622014>

Field Code Changed

<https://www.yogajournal.com/yoga-101/types-of-yoga/hatha>

Field Code Changed