

**How does Yoga affect your wellbeing?**

**Learning Objective:**

To understand the Hindu practice of Yoga and evaluate its effectiveness.




Many Hindus practice Yoga to become closer to Brahman (God). Yoga is used to help meditate and allows individuals to escape the realities of the world by focusing the mind on different positions. Yoga means ‘discipline’ in Sanskrit. Depending of what part of your life you are in depends what type of Yoga you perform.

There are four types of Yoga in Hinduism, they are: Jana, Astanga, Kama and Bhakti.

**TASK:-**

Below are some different Yoga positions. Try to hold the pose for 5 seconds making sure you breathe between each pose. Repeat these poses 3 times. If they are too difficult or hurt, move onto the next pose. Think about how the pose makes you feel.

Pose	Picture	How to do it	How does it make me feel?
Childs Pose		<p>Tuck your legs up to your stomach stretch your arms out in front of you.</p> <p>It gently stretches your lower back, hips, thighs, knees and ankles and relaxes your spine, shoulders and neck.</p> <p>Focus on relaxing the muscles of the spine and lower back as you breathe.</p>	
Downward Facing Dog		<p>Bend over and put your hands flat on the floor. Try to make you feet flat to the floor, but it not roll onto your toes.</p> <p>Stretches the hamstrings, calves and arches of your feet.</p> <p>Focus on distributing the weight evenly through your palms and lifting your hips up and back, away from your shoulders.</p>	
Plank Pose		<p>Get into a plank position. Make sure your arms are straight.</p> <p>This helps to tone your abs and build strength in your upper body.</p>	

Pose	Picture	How to do it	How does it make me feel?
Cobra Pose		<p>Lay flat on the floor. Put your arms by your side and lift your torso up.</p> <p>This pose can help strengthen the back muscles, increase spinal flexibility and stretches the chest, shoulders and abdomen.</p>	
Tree Pose		<p>Stand up straight. Bring the sole of your foot up to your groin and place on the inside of your thigh.</p> <p>This pose will help you find your balance and strengthen your core muscles</p> <p>Focus on your breathing</p>	
Triangle Pose		<p>Stand on the side and spread your feet apart. Put your arms out horizontally. Lean forward and try to touch your foot with one hand. Let the other hand go up into the air.</p>	

#### **TASK 1:-**

After completing this Yoga work out, answer the following questions.

- How do you feel and why?
- What was your favourite pose and why?
- What are the benefits of performing yoga?
- What are the disadvantages of performing yoga?

#### **Some words you may want to use:**

Relaxed Calm Excited Fresh Sleepy  
Energised Fit Sad Happy stretched

#### **TASK 2:-**

Teach one member of your household the yoga moves and see how they respond to the questions above. Do they have similar or different ideas to yourself and why?

#### **CHALLENGE:-**

Thinking about how you may feel after completing Yoga, can you suggest a reason why Hindu's believe it helps them become close to Brahman (God)?