

## About Yoga

The word Yoga come from ancient Sanskrit language of India and mean union or yoke. Yoga has been practiced for over 5000 years and seeks to bring together the mind body and spirit. Although it is not a religion it does encourage self examination and spiritual growth.

3 types of Yoga shared....

Pranayama - It literally mean "life force." In yoga the breath is used to calm the nervous system which calms the body and the mind. These breathing techniques help to bring an immediate sense of calm.

Asanas - Movement/Poses

Meditation -Yoga Nidra is a simple form of mediation where you sit or lay down in a comfortable position and follow my voice guidance. The ancient teaching of yoga nidra have been helping humans for over 5000 years connect with their place of peace and easy.

Here is the book!

Thanks for having me!

Fred

