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YOGA PILATES : HOLISTIC FITNESS OF EXERCISING MIND AND BODY

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ABSTRACT: More and more of us are looking for fitness programmers that address not just the body but the mind, too. We are turning to holistic forms of exercise that aim to develop the whole person. Yoga and Pilates are the two leading forms of mind body fitness. Practiced regularly, they can benefit every aspect of our lives, from our posture to our moods, and our physical well being to our sense of happiness and peace. Yoga and Pilates continue to be refined as people seek new ways of maintaining their well being despite busy life styles. Yoga Pilates is the latest incarnation of mind body exercise, a practice that draws on both systems to create a dynamic and fully integrated workout.

Keyword: Yoga, Pilates and holistic fitness

Introduction

What is yoga?

Yoga is a science that has been practiced for thousands of years. It consists ancient theories, observation and principles about the mind and body connection which is now being proven by modern medicine. The most important benefit of yoga is physical and mental therapy. Yoga therapy is successful because of the balanced created in the nervous and endocrine systems which directly influence all the other systems and organs of the body. Yoga acts both as a curative and preventive therapy. The very essence of yoga lies in attaining emotional peace, improved concentration powers, a relaxed state of living and harmony in relationship. The ultimate goal of yoga is to make it possible to fuse together the gross material (annamaya), physical (pranayama) and mental (manomaya), intellectual (vijñanmaya) and spiritual (anandamaya) levels within your being. Holistic health, which includes prevention of disease by improving the thought pattern, regulating the energy flow in the body and realizing the divine within, is an important for children as much as it is for adults.

Yoga is the best possible exercise there is for improving supplements. However, yoga postures are more than physical poses, they work on the mind and spirit, and promote increased awareness, vitality and inner peace. There are many forms of yoga, astanga for example is flowing and dynamic, while Shivananda is very gentle. Iyengar yoga, is the most precise method. It was developed in the 1960s by an advanced practitioner B.K.S. Iyengar, who wanted to integrate modern thinking about the body with the ancient system he had studied for many years. **Iyengar** emphasizes the importance of correct alignment at all times. All the poses can be modified, depending on the student's abilities and flexibility. Equipment, such as blocks and straps, is used to help practitioners get into postures without straining joints or overstretching muscles. This attention to details makes Iyengar yoga very safe, provided that it is practiced with care and with respect to the body's limitations.

What is Pilates?

Pilates is a very focused form of exercise that helps to strengthen the body without adding muscle bulk. Over time, it helps to develop a sculpted, toned physique. Pilates is based on the idea that bad habits or injuries lead to imbalance and weakness in the body. Controlled, repetitive actions are used to realign and re educate the body. Mental focus and breathing techniques are used to encourage graceful movement and improved awareness. The Pilates system was created by Joseph Pilates in the early 20th century. Pilates developed an interest in fitness during a sickly childhood in Germany. He studied many forms of exercise, including yoga, gymnastics and body building, in order to improve his health. Eventually Pilates used his

knowledge and understanding of how the body works to create his own method, which he said could rehabilitate an injured body or strength a healthy one. Pilates exercise have been modified over the years, but teachers hold true to the fundamental ideas of Joseph Pilates. They emphasize the importance of 'core strength' a stable centre as well as good alignment and posture. concentrating and controlled breathing help to make Pilates an effective method of relaxation as well as physical fitness.

Objective of the study

To know the role of yoga Pilates in holistic fitness of exercising mind and body.

Review of literature

Moustag and Vallimurugan (2012) revealed that the yogic exercise group showed a decreased level of cognitive anxiety and somatic anxiety than the control group owing to the effects of yogic practices. Similarly, the yogic exercise group showed an increased level of self confidence than the control group owing to the effects of yogic practices. **James (2014)** opined that in yoga, great attention to detail is needed to perfect your alignment, practicing Pilates may help to bring added strength to your practice, and enable you to target specific areas of weakness practicing Pilates at home means that you can adapt your session depending on how you feel on the day. Sometimes you may need a quite, restful practice at others you may want to extend yourself further.

Yoga Pilates : an integrated system

Combine yoga and Pilates to create a fitness programme tailored to individual needs. Yoga and Pilates naturally share many feathers for example some, Pilates exercise are based on yoga poses, and both practices emphasize the importance of good breathing, awareness, and of working within your own abilities. Yoga Pilates aims to take the best from both methods, coming the core strength that is the fundamental idea of Pilates with the flexibility and versatility of yoga. In a sense, use Pilates to form a firm foundation on which to build with yoga. In practice, this means warming up with Pilates, then moving on to a series of yoga postures in one session. Practicing Pilates may bring extra strength and stability to your yoga, while incorporating yoga into your Pilates workout can help with relaxation and breathing.

Conclusion:

There are many benefits of practicing and Pilates; as the body begins to function as its peak, stamina rises, strength improves and body confidence hits an all time high. Pilates aligns the muscles in the back and abdominals, to create a vital support for the torso and internal organs, with a revolutionary impact on posture. Yoga Pilates fuses the stretching and balance of yoga with the muscle tone of Pilates the objective is to promote enjoyment of life through the body, creating balance between the muscles, lengthening the spine, and freeing the back and chest, learn to lift the body during exercise and see all movements become fluid and light.

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आधुनिक जीवन में योग एवं व्यायाम की भूमिका



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