

YOGA AND ACUYOGA

TO SCHEDULE A CLASS OR WORKSHOP IN ARIZONA... [Contact Bella at BellaBHBH@aol.com](mailto:BellaBHBH@aol.com)

Member of Verde Valley Yoga- www.VerdeValleyYoga.org

AcuYoga is a form of yoga usually incorporated into oriental bodywork therapies for practitioners and clients alike. Yoga is a time-tested science that focuses on the individual with a series of postures and movements which are done with the ultimate objective of achieving a quiet and balanced mind/body connection.

The practice of yoga dates back to over five thousand years ago. The early yogis (name given to those who practice yoga) passed on tools and techniques with proven, repeatable results to the mind and body. Many forms of yoga continue to be practices around the world to this day.

On the literal level, the word "yoga" is translated as "union", to yoke or bring together. It is said that practicing yoga brings one back in touch with the state of the union, or oneness, that exists at the core of every being.



YOGA OF MIND AND BODY INCLUDE:

A Physical Practice- Most commonly, yoga is regarded as a physical regimen. By regular practice of yoga exercises (called postures or asanas), yogis strengthen, stretch and align the body, increase flexibility and muscle tone. The asanas also help relieve physical, mental, and emotional stress.

A Mental Discipline- Practicing the asanas requires attention to detail, which develops sharp observation skills. Sitting still and meditating teaches the ability to focus on one single point for long periods. Ultimately, yoga is a process of un-learning old habits and patterns. One learns to harness the mind's potential rather than give in to its wanderings and distractions.

An Emotional Journey- Yoga seeks to bring out the best in a person: the joy at the core of every being. Sometimes though, there are other emotions in the way. It is not uncommon for people to feel emotional when holding a posture, or after a deep relaxation to feel tears of joy streaming down their face. Through yoga, one learns to express their emotions more fully without the need to suppress them or get caught up in the drama of them.

A Spiritual Path- It is also said that yoga is a spiritual endeavor. While aspects of yoga philosophy have been incorporated into various eastern religions, yoga itself is not a religion. Yoga is a systematized method of exploring the question: Who Am I? In the course of such an exploration, it is not uncommon to develop an expanded awareness of the world around you, and an appreciation of who you really are and what holds you and the world around you together. A belief in God or a Supreme Being is neither a prerequisite nor a hindrance to taking up yoga practice.

AcuYoga is a specific type of yoga designed to open up blocked and stagnated energies within the system. Tension is a stagnation of body flows including those of the nerves, meridians, lymphatic ducts and blood vessels.

Lack of exercise, poor diet, the use of alcohol and drugs, stress in our lives, all contributes to these stagnations. Emotional repression and neurotic habits as well, cause blockages within the body. These physical tensions or blocked emotions, whether conscious or not, lock the homeostatic mechanism of the body, restriction proper functioning. Headaches are an example of one of the bodies warning signs to this.

Headaches indicate muscular tension and possible oxygen deprivation to the brain. Acupressure, and AcuYoga, are ways to help release the tight, constricted muscles to correct the imbalance and its cause.

Emotional and physical stress can also contribute to chronic neck and shoulder tension and tightness which can result in partially blocking the circulation of the blood to the head, meridian imbalances, cervical misalignment, and pinched nerves.

AcuYoga uses whole body postures along with deep breathing, meditation and stretching. These movements stimulate pressure points and meridians. AcuYoga is intended to correct imbalances and help the body work towards regulating and harmonizing all systems of the body towards optimum health.

