

## YOGA WAY

## For a healthy high!

For some, it's a relaxation exercise, for others, it is a way to be more focussed. Whatever the goal maybe — yoga in all its forms — is in creasingly becoming a popular lifestyle addition for Ben galureans.

Mayuri Kalita, co propri etor with 'Yogatree', says that benefits of yoga have spread by word and many people are turning to it. "People aged between 8 to 80 years (or more) can practise this meditation form. Age is not a barrier for yoga. But I have seen that professionals are turn ing more into yoga now. There are people who join the classes, learn the form, and then come back for more," she says. Mayuri, like any other practitioner, says that it is a must to continue practising the form after learning it.

Professionals like TC Ramesh, General Manager of Technology



with QuEST Global Engi neering Private Limited, says that he took to yoga just a few years back, but the results have been life changing. "I wanted to do something about my sedentary lifestyle and I wasn't convinced about yoga then. I was getting aches and pains due to my desktopjob. By the end of the day, I was always exhausted. But once I decided to practise yoga, I could see the results in a couple of months," he says.

Ramesh adds that now, even at the end of the day, he is still very energetic. "All the pains just vanished and my stamina has improved significantly. I'm alert through the day now." He recollects the cricket match organised by his company, which he was part of. "I couldn't imagine playing with



Ramesh

youngsters and enjoying myself, a few years back. Yoga has done wonders for me."

There are varied forms of yoga which have picked up through the years. Profes sionals like Rachna Mohan, who works with Dell, says that she practiced 'Desktop Yoga' and reaped many benefits from the same.

"I used to have terrible shoulder aches because of my desktopjob. But after practising this form, I be came calmer and peaceful at work. It helped me to be more focussed and when I set a target for something, I was able to achieve the same," says Rachna.

SwamiVish nupriyananda, a yoga trainer from Bannerghatta Road, says that yoga is essential to balance the mind and

the body. Her advice to youngsters is to practice yoga for half an hour in the morning. "This will make you feel fresh and you will be able to function smoothly through the day." She adds that for someone who practices yoga, making decisions is an easy task.

Power Yoga, another popular form of yoga, is something many resort to for fast weight loss results. She says that the form has picked up well as many people want physical relief, and this rigorous exercise related form helps them.

"This form doesn't include the mind and the soul, but includes fast movements. People need to resort to it for reducing body weight, maintaining one's figure and burning calories. When you're doing an exercise like this, it will make you more energetic too," she says.

She adds that people between the age of 22 to 40 years come to learn this form.

"Like any form, one has to continue practising it to reap continuous benefits."

Suchitra Ayopadhya, who was practising yoga, shifted to 'Power Yoga' because it was giving her an adrenaline rush. "It's like a happy healthy high that one gets after a session. I am able to seize the day with all its challenges, much better when I have done my regular yoga sessions," she says with a smile.

Tini Sara Anien



AGILE Mayuri with a student.