



YOGA AWAKENING AFRICA  
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# About Yoga

## Yoga 4 You - What is Yoga?

The word Yoga means union, the union of body, mind and inner spirit. Yoga is a 5 000 year old philosophy (originating from India) not a religion. It is a science of health, a way of life, a means by which one can transform a state of disharmony (dis-ease) and distraction (stress) into a state of balance and inner awareness.

There are many different branches of Yoga. Hatha Yoga (taught at Yoga Awakening Africa) strives to balance body, mind and spirit. It combines physical poses (asanas), breathing (pranayama) and relaxation (yoga nidra).

Asanas improve joint and spinal mobility, stretch and tone the entire body and thoroughly enhance the body systems etc. Pranayama is revitalising and energising for the body, and yoga nidra helps to balance and calm the mind.

Yoga is non-judgemental, non-competitive and non-religious.

## What is "OM"?

"Om" has several meanings. It is the basis of all sound, the universal sound, the sound of creation. We do not create "Om" by chanting it; we only produce a vibration, which exists by its own right. "Om" consists of 3 letters A-U-M, which covers the whole range of sound vibrations. A-U-M represents the complete range of sound possible by human speech.

In "Om" merges all trinities (e.g. birth, life, death; past, present, future; waking, dreaming, deep sleep). Chanting "Om" drives away distractions and negative thoughts.

**Shanti: peace; may there be peace**

**Namasté: the divine in me honours the divine in you**