

Kundalini meditation is a form of Yoga that focuses on the energy which flows up and down the spine. The Iyengar school of yoga defines yoga as the "joining or integrating of all aspects of the individual - body with mind and mind with soul - to achieve a happy, balanced and useful life." The ultimate aim of yoga, they claim, is to reach kaivalya (emancipation or ultimate freedom).

Yoga exercise can be used to strengthen the mind, body and spirit by people of all ages and levels of physical health. In hatha yoga, for example, postures and breathing exercises help purify the mind, body and spirit so the yogi can attain union. This practice helps you tap your parasympathetic nervous system so that you can truly relax your mind and body deeply.

The latter is calming and restorative; it lowers breathing and heart rates, decreases blood pressure, and increases blood flow to the intestines and reproductive organs—comprising what Herbert Benson, M.D., calls the relaxation response. People who practice yoga and are mindful eaters are more in tune with their bodies.

And there's also a growing body of science showing that a regular yoga practice may benefit people with a host of chronic health conditions, including asthma, heart disease, and MS. That literature is not as established as the practice of yoga itself, but a lot of work has been done.

Studies have found that yoga practice lowers the resting heart rate, increases endurance, and can improve your maximum uptake of oxygen during exercise—all reflections of improved aerobic conditioning. Yin Yoga also known as Restorative Yoga, is a slow style of yoga that [Veda](#) targets the deep connective tissues, bones, joints, fascia, and ligaments in the body through meditation and passive movements and postures.

Fundamentally, all yoga types strive for the same outcome, a unification of mind and body and spirit, although they may differ in their philosophy and even in the asanas. If you find yourself getting colds every time the weather changes, you may need some yoga in your life.

Yoga helps to improve concentration and memory. The practice of yoga requires physical concentration as you learn to bring your focus to your breath as you move through a sequence of poses. When you do Yoga, you stretch out your muscles and compress them at the same time, plus you move your organs around too.