

GUIDE

TO START YOUR JOURNEY INWARDS WITH YOGA



Parvatasana



Natarajasana



Eka Pada Sirsasana

"Yoga is the journey of the self,
through the self, to the self."

— FOR OVER 5000 YEARS —

HISTORY OF YOGA IN SRI LANKA

Yoga has been practiced for thousands of years in South Asia and dates back to the Vedic period in India at least 5,000 years ago Sri Lanka the island has deep-roots in the history of yoga and people known as the pioneers like Yoga Sami and many more have continued the practice till today. Which is why the island is rich in ashrams and yoga practice centers. There are also a variety of independent Yoga venues in Sri Lanka.




BENEFITS OF YOGA

Yoga is an ancient practice that brings the mind and body together. It incorporates breathing exercises, meditation and poses designed to encourage relaxation and reduce stress. The relaxation techniques in yoga can lessen chronic pain, such as lower back pain, arthritis, headaches and carpal tunnel syndrome. Practicing yoga is also believed to lower blood pressure and reduce insomnia.

Other physical benefits of yoga include:

- Increased flexibility.
- Cardio and circulatory health.
- Improved athletic performance.
- Protection from injury.
- Increased muscle strength and tone.
- Improved respiration, energy and vitality.



The most important pieces of equipment you need for doing yoga are your body and your mind.

FACTORS AFFECTING A GOOD YOGA MAT

If you are a beginner or a pro, choosing the right mat is important for your practice. Here are some of the factors you should consider in choosing the perfect yoga mat for you.

Thickness

It's important to choose a mat that has the perfect thickness to protect your legs, knees, toes and arms from undue stress during practice. According to the requirements of the yoga, mats that are too thick makes it harder for you to feel a strong connection to the floor, making you wobbly in poses such as the Tree Pose.

Material

It is essential to determine the material your yoga mat is made of because it dictates its texture, non-slip quality, eco-friendliness, sponginess and durability.

Texture

A yoga mat's texture determines how much traction it will provide. When doing yoga poses, the texture of the mat affects how much slipping and sliding you will do.

The right texture provides physical barriers to sliding while stickiness is the level of suction. Since texture affects how a yoga mat feels on your body, it's also a factor for overall comfort.

No Slipping

It is important to consider the grip of a yoga mat because it will keep you from sliding all over the place as well as maintaining your alignment when flowing from pose to pose. It also helps you hold poses for several seconds without losing control.

Durability

One of the most important factors you should look at in a yoga mat is its quality. It should last for several years despite using it on a regular basis. High quality mats usually take a long time to show any signs of wear compared to the others. Eco-friendly mats are typically priced the highest. There are many cheap PVC mats but they can crumble and flake around the edges as well as develop wear in some areas due to pressure from the hands and feet.





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