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Impact of Yogic Asanas at Different Altitudes

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People search for simple, but ideal system of training the mind and body for complete fitness. This can be achieved through the ancient practice of yoga. Hatha yoga is the physical practice of yogic movement that involves moving in and out of different positions. In ancient India, there are hundreds of these exercises practiced by people to attain fitness and complete health. The practice involves controlled breathing and meditative exercises through the Yoga Sutras. Currently, there are many different styles of Yoga like Hatha Yoga, Astanga Yoga, Iyengar, Sivananda, Bikram Kripalu, Vinyasa, etc. The practice of Yoga is meant to challenge and inspire to greater physical, mental and spiritual heights. Yoga also focuses on breathing, which strengthens the cardiopulmonary system. Good posture develops greater skill and confidence in mind and body. And last, but not the least, yoga teaches one to relax the mind and body as a vital element of one's practice.

In this fast-paced, constantly moving world, practicing yoga allows time to stop and make the person aware about oneself. It is a time to be one with the body and to let go of all the distractions and worries of the world. Some hatha yoga postures can be risky and unwise for many people to practice like performing headstands, doing full backbends, and even crossing the legs too much can strain the neck, spine and knees. Yoga has positive impact on the body of the individual which is not limited to physical aspects only, but also covers mental, physiological and other aspects. The physiological functioning strengthens the internal organs and organ system to make the body fit. The relationship between oxygen consumption and heart rate in any individual is a measure of the amount of oxygen delivered per heart-beat, which in turn reflects the stroke

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