



BalanceWorks® Newsletter

March 2017 | Written by the work/life experts at eni



Let's Get Zen

Yoga is a philosophy and a practice, which originated in Ancient India around 2,000 years ago. Although most people today practice the meditative, breathing, and physical aspects of yoga, the practice actually has 8 limbs. The 8 limbs of yoga include “yamas” representing restraints, “niyamas” representing observances, “asana” representing postures, “pranayama” representing breathing, “pratyahara” representing withdrawal of senses, “dharana” representing concentration, “dhyani” representing meditation, and “Samadhi” representing absorption.

The original goal of yoga was to train the mind and body to observe and refine our behaviors in the “outside world” and then to focus inwardly to ultimately reach enlightenment. Put more simply, the goal is to increase awareness and appreciation for your inner self.

For the purposes of this piece we will focus on the physical aspects of yoga, including breathing, postures

and poses. First let's take a look at a few of the benefits of yoga.

The Benefits of Yoga:

- Improves flexibility
- Improved balance
- Builds muscle and strength
- Helps your posture
- Helps prevent cartilage and joint breakdown
- Protects your spine
- Increases blood flow
- Helps the lymphatic system function properly
- Helps reduce blood pressure
- Helps regulate adrenal glands
- Helps prevent and/or ease IBS and other digestive issues
- Improves mood
- Enhances focus
- Releases tension
- Enhances relaxation
- Improves quality of sleep
- Increases self-awareness and self-esteem
- Provides inner strength and resilience

Next we will take a very basic look

For more information or support on yoga, contact the work/life experts at **BalanceWorks®** by calling:

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at five types of popular modern yoga practices.

Hatha

Hatha yoga is ideal for beginners and refers to any practice that combines poses with breathing techniques. The goal of basic Hatha is develop flexibility and balance while integrating breath into every movement. This type of yoga tends to be relaxing and restorative.

Vinyasa

Vinyasa yoga is great for burning calories. This style of yoga that is sometimes referred to as “power yoga” is fairly fast paced, requiring participants to move continuously throughout the practice. A very popular Vinyasa sequence is a “Sun Salutation”, which is a flowing series of lunging, bending, and stretching poses. This style of yoga helps develop strength, flexibility, and balance.

Bikram

Bikram is often referred to as “hot yoga”. For this style of yoga, studios are often heated to 105 degrees Fahrenheit, with a 40% humidity level. Bikram sessions are ideal for building flexibility as the extreme heat is supposed to loosen your muscles, increasing your ability to stretch.

Ashtanga

Ashtanga is a physically challenging style of yoga that is perfect for seasoned yoga practitioners. Typically,

people complete 70 poses in one session consisting of a mixture of sun salutations, backbends, and inversions. Ashtanga builds strength and endurance.

Kundalini

Kundalini is perfect if you are looking for a more spiritual experience. This style of yoga was developed to calm the mind and energize the body through moving, chanting, and breathing. An average Kundalini session is comprised of 50% exercise, 20% breathing, 20% meditation, and 10% relaxation.

Yoga is restorative for both the mind and body and can enhance overall wellness. If you are interested in incorporating yoga into your lifestyle, there are so many options including classes at a yoga studio, yoga DVDs, yoga mobile apps, and even free videos on YouTube. Yoga is also great for all fitness levels. If you are a beginner, start with a few simple poses, then try a relaxing Hatha yoga session. If you find that you really enjoy yoga for fitness, work your way up to Ashtanga yoga and if you really enjoy yoga for the overall experience, try a Kundalini session.

Remember that eni's Personal Assistants are available to provide information on yoga classes in your area, as well as suggestions for yoga apps or videos to complement your lifestyle and fitness level.

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yoga, contact the
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