

Yoga at Oberoi Resorts



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GENERAL INTRODUCTION TO YOGA

Philosophy is an attempt by the human mind to present the questions of life, existence and knowledge into a comprehensive and consistent framework. Of all the philosophical systems, the concept of body, mind and spirit evokes the most interest.

Yoga balances the body, mind and spirit and ensures complete wellbeing. In India Yoga is not merely a philosophy, it is a way of life.

In our modern, stress-filled world, daily practice of yoga is beneficial in itself, leading to improved health, emotional well-being and mental clarity. Yogic techniques can improve the general efficiency of individuals, as well as being of benefit in the prevention and cure of specific stress-related psychosomatic conditions. It has also been known to be useful in childbirth and for post-natal care. It can improve physical strength and flexibility and assist in the cure of sports related injuries and other illnesses.

The most popular and widely practiced Yoga system is known as Hatha Yoga. This is based on the theory that the currents of vital force in our body flow through particular patterns. The way we think, feel and act depends on the nature of these patterns. The channels through which the currents of vital force flow are called "Nadis". There are innumerable such "Nadis" in a human being, all of which are interconnected and form plexuses in various regions. Any improper functioning of the body and/or mind is due to a disturbance in the passage of vital currents through one or more of these "Nadis". Hatha Yoga, therefore, deals initially with the problem of correcting this fault and opening the natural passage of the "Nadis" to enable the free flow of vital force currents. This process is called "Nadishuddhi", which means "cleansing of the 'Nadis'". This can be done through various practices of Hatha Yoga, such as

Shuddi Kriyas	Asanas	Pranayama	Mudras
Cleansing Practices	Body Postures	Breathing Techniques	Symbolic Hand Gestures

The above benefits/effects of yogic practices seem to be possible through three types of mechanism:

- Direct influence on the body's organs, including muscles, joints, ligaments, visceral organs, etc.
- Influence on the autonomic nervous system
- Influence on the higher nervous system.

While the first two mechanisms are involved in the maintenance and promotion of psychophysical health, the third governs the spiritual aspect of personality.



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THE FOLLOWING YOGA PRACTICES



YOGASANA AND BREATHING PRACTICES



1) Gentle Yoga

This gentle Yoga sequence is a complete series. The postures involved incorporate all the directions of motions a body can make, providing a normal range of joint motion, and developing tone and stamina in all the major muscles of the body. This series has a profound effect on the human body, and a subtle effect on the mind. It is most useful for the maintenance of health.

2) Beginners' Yoga

This beginners' level Yoga consists of elementary techniques designed to improve physical health and mental alertness, and heighten concentration. These effects are obtained through steady and comfortable stretching, and massaging and stimulating the energy channels and internal organs of the body. This session includes a set of specific postures, as well as relaxation and breathing techniques.

3) Intermediate Yoga

This session is for those who are adept at beginners' level Yoga and have been practicing for more than a year. The practices in this series develop strength, stamina and suppleness. A set of selected postures consisting of preparatory, main and counter poses, as well as relaxation and breathing techniques, are an integral part of this intermediate level class. Work includes preparation for an advanced group of bodily postures.

4) Advanced Yoga

This advanced level of Yoga is intended for people with considerable flexibility and strength, who have been practicing intermediate level Yoga regularly. The highlight of this session is the stimulation of the body's energy stations (also known as chakras) through a specific yogic sequence. This level also includes some advanced breathing practices that are both tranquilising and energising, and will prepare the aspirant for higher Yoga practices, such as Pratyahara (withdrawal of senses), Dharana (concentration), Dhyana (meditation) and Samadhi.



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