

Yoga during Fasting

While there is a Yoga way of eating, there is also a Yoga way of not eating. This refers to Fasting, since we make our digestive system work several times a day; it's also a good idea to give it some rest. This will allow our digestive system to recover from the abuse: from eating too much, eating unhealthy foods or eating at the wrong time. Fasting is an important aspect for the spiritual aspirant, and is very beneficial for one who is seeking purification through fasting. One without the other will leave a void causing an imbalance on one level or the other. Yoga and fasting go hand in hand

Regularly practicing Yoga and Meditation during the fasting benefit the most, often achieving a new level of physical, mental and spiritual awareness.

- Yoga is a combination of gentle movements, stretching and twisting together with deep breathing, increases the speed of the detoxifying process.
- The lymph and blood transporting the released toxins are pumped through the body at a faster rate, improving drainage of toxins and speeding up the elimination process.
- The state of relaxation brought about by yoga causes the healing and the body starts to clean and heal itself.
- The practice of yoga helps boost energy levels, as you take in and store abundant amounts of Prana (energy)
- More detoxifying makes the energy channels more clear, hence less disease conditions

Here are some guidelines on how to start fasting:

1. People who eat 3 full meals a day and snacks in between, starting the fast may be a bit tougher. They can start with just one full meal (composed of grain and vegetables) per day around lunch time, while taking in water or juice on other times of the day. Once get the hang of eating less food in a day, and then proceed to the single-day fast.
2. Decide on what type of fast are going to follow. It can either be water fast, a fruit juice fast or a vegetable juice fast. Once decided, stick to it

Fasting and Yoga complement each other perfectly