



## Yoga for Anti Aging-1

Aging is the process of growing older or a progressive deterioration of bodily function with a change in physical appearance over a period of time. In reality, misusing our bodies over a long time causes the body to degenerate and consequently look older. A lifetime of remaining sedentary, consuming non-nutritious foods or having poor posture while working can cause the stiffness or aches and pains commonly attributed to getting old. One of the major things that make the bodies of humans unique is the ability to renew or regenerate them at the cellular level.

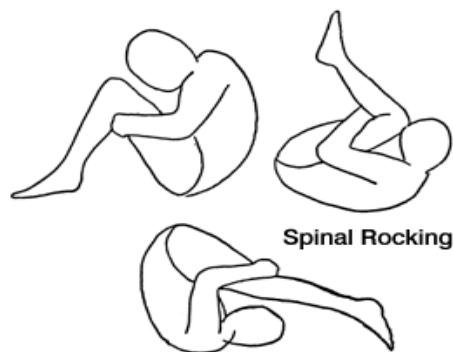
### **How can Yoga help?**

Yoga is an important tool that works to help maintain the health of the human body. According to Yoga philosophy age is determined by the flexibility of spine, not by the number of years they lived. Yoga helps in slowing down the aging process by providing:

- ❖ Elasticity to the spine
- ❖ Firming up the skin, removing tension from the body
- ❖ Strengthening the abdominal muscles
- ❖ Improving the quality of loose arm muscles
- ❖ Correcting poor posture.
- ❖ Increased resistance to diseases, increased vitality
- ❖ Rejuvenation of glands and so on

### **Yoga Poses for Anti-Aging:**

- ❖ **The Spinal Roll**



## **Technique**

1. Sit down at the end of the exercise pad to make sure that the back will not hit the hard floor. Draw up the knees, and bend the head down. Put the hands under the knees.
2. Keeping the spine rounded, gently swing back and forth, imitating the swinging motion of a rocking chair.
3. Doesn't roll back too far on the neck and avoid doing the rocking exercise too slowly either. Feel for the massaging action on spine.

## **Caution:**

Avoid in condition of high blood pressure, vertigo, disc prolepses

## **Time:**

Does this exercise four or six times, then lie down to relax until the breath returns to normal again.

## **Benefits**

1. Makes the spine more flexible and youthful.
2. Massages all the vertebrae in the neck and spine.
3. If done in the morning it helps to overcome the drowsiness and stiffness that people often feel