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How I fell in love with Yoga

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An Introduction

- **Ph.D, Astrophysics (NAOC, 2016 – 2020)**
 - **2018-2020** ACAMAR SKA PhD Scholarship
 - Joint PhD candidate of NAOC-CSIRO
 - Pulsar search and timing with FAST and Parkes radio telescope.
- **ACAMAR Postdoctoral Fellow**
 - **2021-2023** NAOC-Swinburne
 - Focusing on searching and studying exotic pulsars in globular clusters with FAST, Parkes and MeerKAT.



Contents



An overview of Yoga



The benefits of Yoga

Welcome you to join a journey of Yoga with me.

Part 1

An overview of Yoga

Origins

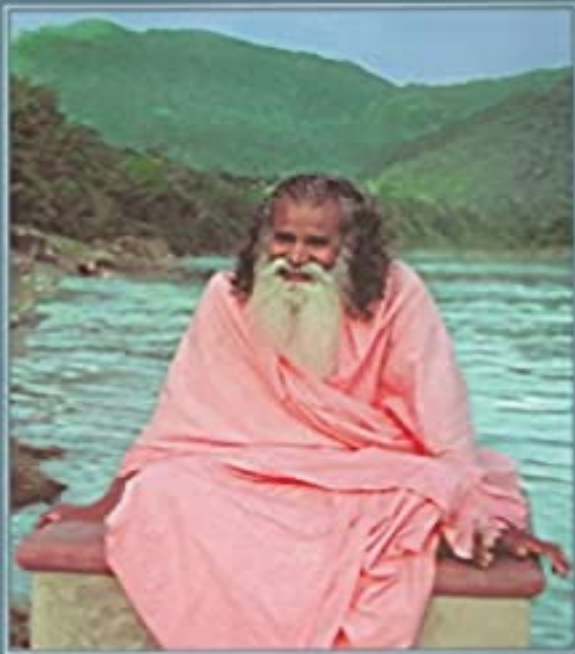
Types

Elements

Yoga = Yoking

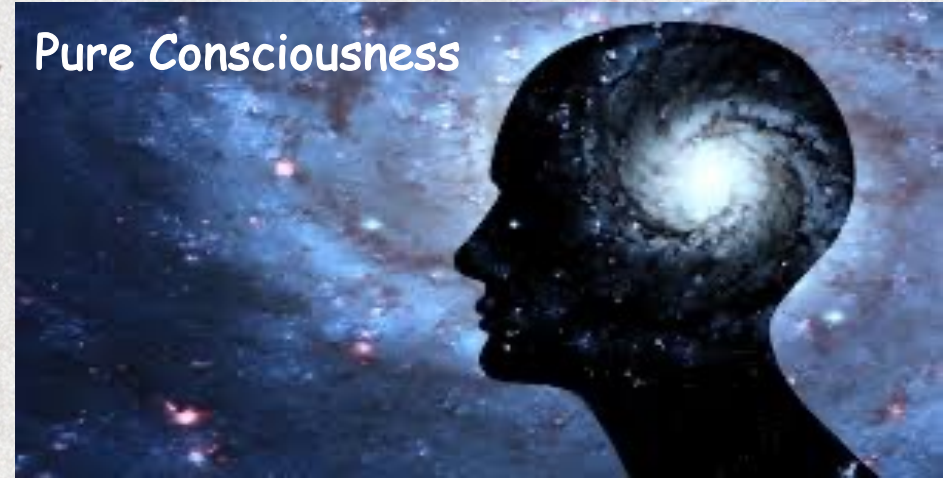
1st - 5th century CE

The Yoga Sutras of Patanjali



Translation and Commentary by
Sri Swami Satchidananda

Pure Consciousness



Gymnastics



Wrestling

5 Types of Yoga & Their Benefits



Anusara Yoga

This form of yoga is known as the most spiritual forms of yoga than any other types. It focuses on your inner self, mind & soul



Kundalini Yoga

This yoga introduces you to your inner soul. There are about 7 types of yoga chakras included in Kundalini yoga. Following are the various poses included in this yoga



Vinyasa Yoga

The reason why Vinyasa yoga is different from all other forms of yoga is that it includes postures as well as breathing techniques



Bikram Yoga

This type of yoga is often practiced in a hot and humid environment where the temperature is about 40.6 degree Celsius



Hatha Yoga

The main purpose of this form of yoga is that it introduces beginners to yoga with the basic asanas & relaxation techniques



Three Core elements



physical
postures



breathing
exercises



spiritual
contemplation

Part 2

The benefits of Yoga

Flexibility
&
Strength

Lung
&
Heart

Psychological
well-being



An unique combination of activities



Flexibility & Strength

- Stretching can change the water content of these muscles, ligaments, and tendons to make them more elastic.
- Regular stretching stimulates stem cells which then differentiate into new muscle tissue and other cells that generate elastic collagen.
- Frequent stretching also reduces the body's natural reflex to constrict muscles, improving your pain tolerance for feats of flexibility.





rheumatoid arthritis



lower back pain



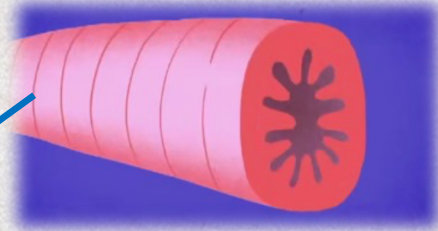
osteoporosis



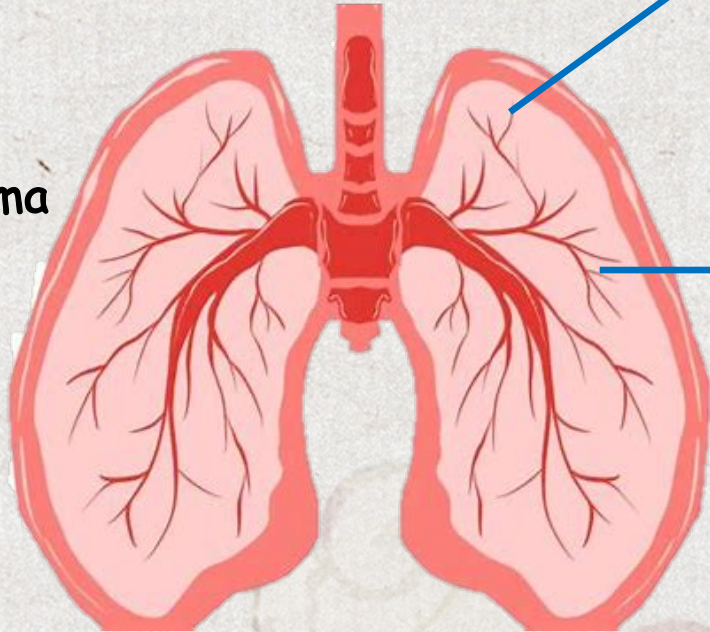
Adding yoga to an existing exercise routine can improve strength and flexibility for hard to treat conditions.

Lung & Heart

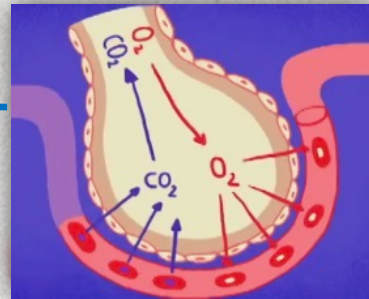
Asthma



Chronic Bronchitis



Emphysema



Lower blood pressure

Reduce risk factors for
cardiovascular disease



Psychological
well-being

What Else Benefits?

“



- Heart Attacks
- Cancer Rates
- Cognitive Function
-

Summary



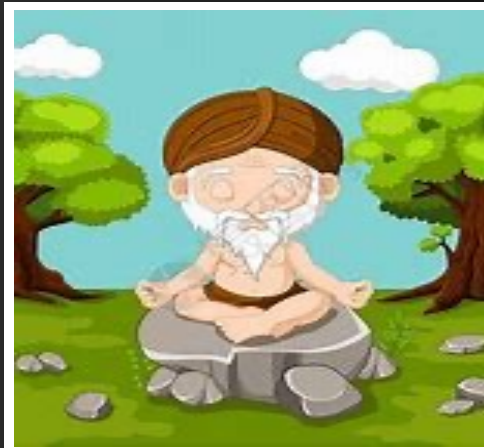
A ancient
traditional way to



Exercise



Reflect



Relax



Yoga is the artwork of awareness on
the canvas of body, mind, and soul.

-Amit Ray, "Yoga and Vipassana"



2020.09-now@Lan Yoga Studio