

Ways of Yoga



By: Joselyn Lawson

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Dedication page

This is for a boy named Filip Slezak from Kelly Elementary School.

I made this book for you and worked hard on it. I hope you enjoy reading *Ways of Yoga*.

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Chapter 1

What you should know about yoga

Yoga is a type of exercise of relaxation. Most people take yoga to release stress and also become more flexible.



Yoga started in India about 3,000 years ago. Yoga got so popular it even started all over the world and they thought of more and more stands and positions of yoga.

Yoga got so popular that they started to make new ways to work out by using yoga; for example they used a steam room.



It's just like working out to yoga but you go inside of a steam room and you sweat more then you normally do.

Also, yoga got even more popular. They started making videos, DVD's, and most importantly they thought of new stretches and new advanced workouts every day.

Chapter 2

How is yoga healthy?

Yoga is very healthy for you because people say that it releases stress. Also it makes you become more flexible. Yoga can also help many pains such as anxiety, asthma, back pain, depression, and migraines.

What are some simple ways to stay healthy?

Most important is to eat right. What you should eat is lots of fruit and vegetables and nuts every day, and a little meat every day; also fish is very good for you too. But most important is to exercise daily.



Exercising helps you become more muscular and yoga helps you become more flexible, help your balance, and you become more muscular.

Ways to take yoga

You can ask a parent or guardian. Or you can look in a phonebook and find a number to a yoga studio and get your own class.

What does yoga do to you?

Yoga does many thing it helps you in many ways.

It can relieve sicknesses like migraines, stress, back pain, asthma, and anxiety.

Migraines are when you get a very bad headache and it is painful. Yoga is one way to relax your mind.



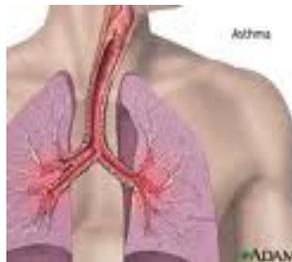
Stress is when you have mostly a lot of things that are happening in your life and you're worried about and if it's not good enough it makes you scared and worried and you get really stressed out. That would be called getting stressed out.



Back pain is when your back hurts really bad. Yoga can help many pains in your back, for example the tree stand helps your posture and helps smooth your muscles.



Asthma is when you have a hard time breathing. You are either obese or you were just born with it. Yoga helps asthma because most stretches help open your lungs so it helps you breathe more easily.



Anxiety is just like stress but a little different. Anxiety is when you're worried about something and you get more and more worried about it and that would be called getting anxiety. Yoga helps anxiety because it helps you relax and releases stress.



Chapter 3

Simple yoga positions

Balancing poses are simple yoga stretches. It's easy to learn these.

One is called the Tree Stand. The tree stand helps your posture in many ways.



Balancing poses are good for helping your balance; they also help you focus and balance your mind.

On the Bridge what you want to do is lie on your back with your knees up and your hands at your side.



Your feet should be near your buttocks about 6 inches apart. To begin gently raise and lower your tailbone. Gently raise your tailbone and continue lifting your spine. Push firmly with your feet.

Keep your knees straight and close together. Breathe deeply into

your chest clasp your hands under your back and push against the floor.

Take five deep breaths.

Come down slowly and repeat. Here is another popular yoga position and it's called Dog and Cat.



Begin on your hands and knees keep your hands just in front of your shoulders, your legs about hip width apart. As you inhale, tilt the tailbone and pelvis up, and let the spine curve downward, dropping your stomach low and lift your head up.

Stretch gently as you exhale move into cat by reversing the spinal bend tilting the pelvis down, drawing

the spine up and pulling the chest and stomach in.

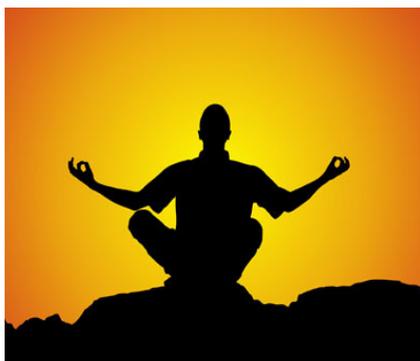
This next stretch I'm going to teach you is called the Half Shoulder Stand.



What you do is lie on your back and lift your legs up into the air. Place your hands on your lower back for support. Rest your elbows and lower arms on the ground. Make sure your weight is on your shoulders and mid-upper back, not your neck.

Breathe deeply and hold for at least 5-10 breaths. To come down slowly lower your legs, keep them straight.

Here is a simple and the most popular position in yoga this is called the Succasunna or as you may know another word that it's called Meditating.



What you do is begin lying on your buttocks and then cross your legs and lay your hands out your knees.

Chapter 4

How not to hurt yourself while stretching in yoga

Most importantly you want to stretch before before any activity or and sport.

It will help you in the long run because if you don't stretch it can pull your muscles and it's really painful or you can sprain or break something if you're not warmed up.

How not to hurt yourself while doing the bridge

Doing the bridge it can get very dangerous at times. Because you're stretching your back out really far and you're using a lot of muscles to do that. If you pull to hard on a muscle you can rip your muscle

which will cause a lot of pain in your back so to help not do that.

It is very important to go slowly and take your time in any stretch as.

What you have to do is go slow and take your time and listen very carefully to your instructor and if you go slowly enough you will feel better at the end and hopefully have no pain.

It is very important to go slowly and take your time in any stretch, as you may have heard before you can injure and pull your muscles.

Listening to your instructor can also relax you more. It's also learning new things because you'll get better at it the more and more you practice.



Yoga is very important to you it helps your health and your stress that builds up its cures sickness'. Yoga not only does it help your sicknesses and helps you become more flexible but it also helps you lose weight the more you go.



Yoga can also put your spine in place so you can walk straighter and have a healthier back.

Yoga helps you become more flexible and helps your growth too. Yoga is very helpful for your sicknesses and helps cure them.

Author Biography



Joselyn is 14 years old she lives in Wilsonville. She goes to Inza R. Wood middle school and she is in 7th grade. She enjoys playing basketball and hanging out with her friends her best friend is Haelie Newkirk and they hang out all the time and go and do everything together.

Joselyn loves trying new things and learning a lot! She is a huge animal lover and loves her family.
