

yoga

Exclusive Interview With A
Yoga Instructor

What Kind Of Yoga
Does My Body Need?

Why Do Liberals
Need Yoga?



TABLE OF CONTENTS

ORIGINS OF YOGA	3
WHAT KIND OF YOGA DOES MY BODY NEED? ...	4
WHAT IS YOGA?	5
MY PERFECT POSES	6
THE BRANCHES OF YOGA	16
WHY DO LIBERALS NEED YOGA?	25

What is Yoga?

BY ASHLEY BLAINE

“Yoga is just a combination of stretches that you do to help the body.”

This is a common thought that most newcomers to yoga tend to have. Yoga is very different from other forms of stretching: it is unique because it connects the body and mind to the rhythm of our breathing. This synchronization our mind, body and breath helps us to direct our attention inward. The process of inward attention is recognized by having habitual thoughts and patterns without the intention of changing them. It helps us become more aware of events that occur within our days. Yoga itself consists of ascetic discipline, which is a form of exercise. This form of exercise does not only tone your body, but also teaches your body to control and regulate your breathing. This exercise is combined with simple meditation, which helps clear the mind and body of toxins or other ailments.

Yoga focuses on eight different limbs that make up the body, which are called yamas. These limbs are: yamas, which are restraints; niyamas, which are observations; asana, which has to do with posture; pranayama, which is breathing; pratyahara, which is the withdrawal of senses; dharana, which is concentration; dhyani, which is meditation; samadhi which has to do with absorption; and samadhi, which is essentially lib-

eration and enlightenment. These limbs of yoga come into practice of yoga include Bikram yoga, which is a form of yoga that you do in 100 degree fahrenheit to help the body to get more relaxed and muscles get more toned and fit, or Hatha yoga, which combines two or more forms of yoga. It has poses which are called asana which are poses like the ones most widely known by people are tree pose, downward dog and child's poses and so many more complicated and complex poses. Which all work on different parts like one is for strengthening balance, stretching lower back muscles and stretching hip muscles. The adoption of specific bodily postures has changed form over the years and become different and having widely practice of these poses and styles are used to become health and relaxed in life. Along with improving happiness in people and making them feel more loved and self appearance making sure people love how they look and how they feel as a person. These are things that yoga wants us to teach others. But I would like to say a lot of people believe yoga is for people who are the perfect body shape and the most flexible people in the world. But no I want to say yoga is for anyone it doesn't matter if you are the most fit and athletic person. It is a form a stretching that works for anyone and helps everyone with being able to relax and release the stressing and pain in your muscles from what you deal in your everyday of your life and what occurs to make you who you are.



Origins of Yoga

BY ASHLEY BLAINE



As yoga is becoming a growing form of exercise in the world, people are beginning to wonder how exactly it came to be. More than ever before, yoga is viewed as a practice closely tied to religion, often known to be coupled with Hinduism. Even though it is true that yoga came from a country of strong Hindu culture and faith, there is much more to the beginnings of yoga than meets the eye.

‘India, over 2,000 years ago, was the birthplace for the original name of yoga: yuj.’

This original sanskrit word translates to “yoke” or “bind”, which—though translation—is parallel to the definition of “union” in english. In Hindu mythology, there are many guides that uphold the mentality and principles of yoga, one in particular being the deity Krishna. This Hindu avatar is representative of compassion, tenderness, and love. He is mentioned in many philosophical texts, an outstanding one being a poem called the Bhagavad Gita. This poem is a conversation with Arjuna, who was an ancient hero and archer with a great love for Lord Krishna. This text speaks of the values of fate, compassion, and the importance of choice, and how these values affects their worlds. These conversations were paired with the idea of using the body to free the mind and better impact the world. These truths and ideas became the original foundation for yoga.

WHAT KIND OF YOGA DOES MY BODY NEED?

BY ASHLEY BLAINE

As a highschool student that has recently suffered from a car accident-induced concussion, I have become keen on seeking out a new form of medicine. Because of the headaches of my post-concussive syndrome, my neurons have become overactive. This led to my neurologist prescribing a simple pill; however, pills are never the most natural remedy. Between the suggestion from my neurologist and my own natural curiosity, my sights zeroed in on the practices of yoga. I needed to figure out which form is going to benefit and work best for the condition I am in. So, I end up looking at the most known kinds of yoga and I was trying to see which would work best with the body and condition that I am in. So first one of the most widely known yoga is Bikram yoga which is also known as hot yoga this means doing yoga is a room which is heated to 95 to 100 degrees fahrenheit well this is not an advised form of yoga for me to try. This was due to it being a very hot which can cause me to sweat and I am not supposed to do anything that gets me to sweat a lot. So I would end up looking into so many different forms of yoga so I found that there is different kinds that fit in this cate-

gory that would work for me and help improve my condition. These different kinds that would work for me are Hatha Yoga, Power Yoga, Laya Yoga, Jivamukti yoga, Vinyasa Yoga, and Yin Yoga so I end up saying I will try different poses in each of these forms to know which will be best for the condition my body is in. I will be also be giving each pose that a try from each of the six forms of yoga a rating. This rating scale is 0-5 star rating on difficulty for me and how I think the difficult matches the area that is intent to be stretched and how well it does this. Along with is their ways you can work on it by taking steps and slowly getting to the whole complete move.

“Yin Yoga is a style of yoga that originated from Chinese culture.”

This form of yoga is from the taoist theory of yin and yang. Yin is stable and passive while yang is changing active. Due to this yin poses are normally performed while being seated or in a reclining position. This is a slow paced and much more meditative yoga which is a popular physical and spiritual

discipline of yoga. These poses or positions are held for a long period of time normally lasting three to five minutes but sometimes longer then that. This is to target the connective tissues in body which most exercises do not really target or touch this area due to people normally rush through stretching and like a lot of fast paced exercise. Connective tissues being ligaments not muscle's these are smaller and sometimes seeing as more important parts of the body since they connect two bones together or bone to bone connection which helps with holding structures together and stability in the body like the knees. These are very important so you are able to do things you couldn't do before. These poses are more passives holds and have little muscular engagement.



MY PERFECT POSES

THE 6 YOGA POSES SUITED FOR ME



Beginning with Yin Yoga styles of poses, the “Butterfly Pose” is an easy or beginners pose. This pose has you seated on the ground with you sitting your knees bent in towards the body or torso of the body and your feet are together. Make sure your spine is straight to not cause strain on the spine. You will hold this pose for at least three minutes. I found this pose was actually really comfortable along with being a really good stretch of the muscles. You do feel it stretch your hip muscles along with legs and your lower back. I would say this pose for me rates as a five star pose since it was fairly easy to do but stretched the body very well. This is called a butterfly pose for having your two legs angled out like wings it makes it look or represent the form of a butterfly. The butterfly is a very powerful representation which is associated with souls which yoga is about the calming and relaxation of the soul. While it also shows deep and powerful representations of life and it is viewed by many people in the world as endurance, change, hope and life.



The “Sphinx Pose” is an easy pose for beginners.

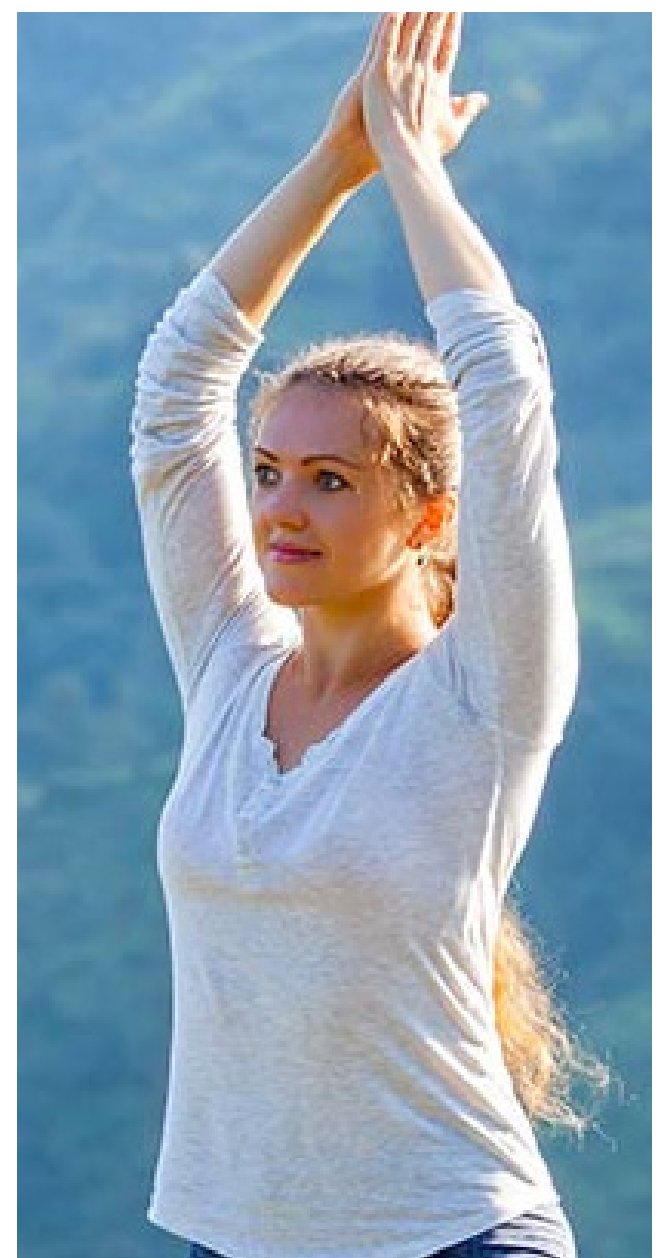
This pose has you laying belly down on the floor with your legs spread shoulder width apart and then you bring your head and chest up and keep your shoulders in a straight line with the elbow which is at a 90 degree angle with palms facing down. You will hold this pose for at least three minutes. I found this one pretty easy to do but it was slightly difficult keeping my head and chest held up during all three minutes but it is good at stretching the lower back and energizing and restoring the body. I would rate this pose as a five star rating for the fact it really helps your back and it didn't cause a headache or head pain it actually helped realize the tightness in my neck. I would recommend this position for people that are just starting yoga so you can get a feel for what poses are like and how they can help



stretch the body.

The “Saddle Pose” is an intermediate pose for beginners. This a pose you definitely have to be really flexible to do and

you definitely want to roll your ankles out before and stretch your knees a little bit. For this pose you are going to want to get down on your knees and then lay down that your knees are still bent and touching floor along with the back of the head and back. I found this pose to be very difficult for beginners but some advice that was said is using a block if you are unable to go all the way down so that you are still doing the stretch. This is a really good stretch for people who which have hip and lower back pains because it helps loosen the muscles. So for me I thought this was a very good to try and stretch my tight hips I have from soccer and not stretching enough before playing. I would recommend doing with pillows or a block and slowing moving down if just being yoga and I would rate this pose with three stars.





The “Stirrup Pose” is an advance pose for beginners. You started by laying on your back then you move your legs into a bent position which you bring up above your uphalf and hold your feet while your knees are bent. I didn't really like this pose because for me I feel it did not really stretch my hips. I would give this pose a 2 star because I feel it is difficult for others but I didn't think it was very difficult for me to do.

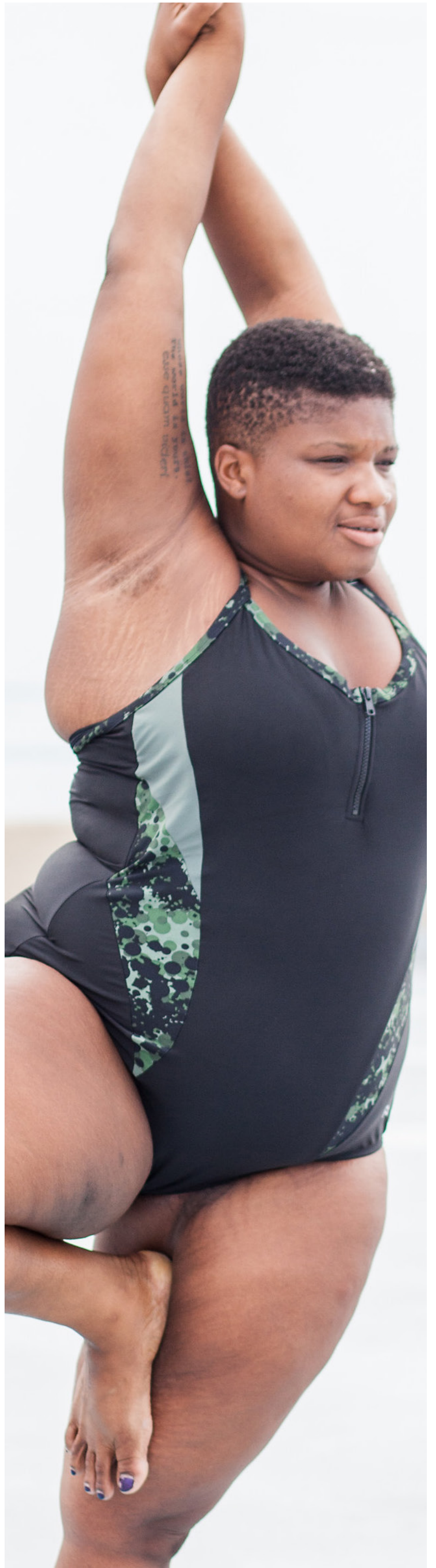


The “Dragonfly Pose” is a pose that will challenge the flexibility of any beginner. You will sit down on the ground and put your legs in a straddle position and then you lay your upper body on the ground while laying your shoulders flat and arms flat in line with your legs. I found this position to be very difficult but it was a very good stretch for the inner thighs and the underneath of the legs. I really think this position rates as a 3 star because I feel it is a very hard position to do this position but it is a good stretch but it could be easier for people that are more flexible.

“The ‘Snail Pose’ is an intermediate pose for beginners.”



During this pose, you start on the ground laying flat on your back. Then, you take your feet over your head put them on the ground but if you un able to do this. You can put your hands on your back to support your back even if your feet can touch the ground but you are struggling holding this pose you can move your hands to support your back or have someone else help you and support your back. But position for me was not that bad, as I just had to move my hands to support my back. I would give this pose a 5 stars because, even though it was difficult to get into the pose, it best helped to stretch my muscles in my lower back and neck area. This pose is called snail for the way it looks like a snail but also because the snail represents a lot of things in ancient cultures but it has one of the deepest meanings of all animals which are things like: the cycle of life, death, rebirth, the rotation of the Earth around the sun, bridging the gap between Earth and Water, carrying one's home with them, taking one's time and enjoying life at a slow pace. It also has being connected to Amun an ancient Egyptian god and the words of fertility, abundance, and fruition.



POWER YOGA

*“Power Yoga is an active and athletic but western style of yoga but this class moves quickly through each pose and only holds for about **three to five breathes.**”*



Boat Pose (Navasana) is an advance beginner pose. You sit on your butt while you left your upper half up and the legs at the same time with reaching your arms out straight towards your feet. I feel this pose was very challenging for me since I struggle with being able to hold this pose up and together. So I think I would rate this pose as a 3 star pose because I can do the pose but I struggle to keep the pose in the position for a longer than 10 second period. This pose represents journey, crossing, adventure, and exploration which is viewed as across life and enables us to make any journey whether faith, education, desire, curiosity, and motivation.



Rabhadrasana I) is an easy pose for beginners. You started stand with your legs together and then move right leg forward is bent forward and stretch the left one straight out in the back. While your back is straight up but then you lift your arms straight up and a slightly till in the back. This pose I found pretty easy and not as challenge, but is still stretches the muscles in the butt and lower back. I would give this pose a 5 star because it is easy for most people to do but it still stretches while doing a little bit of exercise.



Tiger in Plank Pose (Vyaghrasana) is an intermediate pose for beginners. This pose you start by getting on your knees, then putting your palms down flat on the ground with the fingers facing away from the body. You then lift your foot and bring the right knee above the head to stretch the muscle. This pose was very challenging for me since I can't touch my foot to my hand in that position. My rating for this pose is 3 stars for the fact it is very challenging but also stretches the body very well. This tiger pose represents a warrior goddess named Durga who is from Hindu faith, and is depicted riding a tiger while carrying weapons.



Side Plank Pose (Vasisthasana) is an advance pose. You start by laying flat on your stomach and going into a plank position. Then you rotated on to the side of your right arm and right leg and lift your left leg and arm off the ground and put them up in the air. You will hold the position for 30 seconds. This pose was very challenging and hard for me to do for the fact that I already struggle with plank poses. I would rate it as a 3 star because it is very challenging for most average body types. It requires flexibility and stamina, but it is very good for stretching and muscle building. It works on the side of the abdomen along with strengthening the arms and legs.



Three Legged Downward Dog (Tri Pada Adho Mukha Svanasana) is an intermediate pose for beginners. You start by being in a standing position and you bend your upper half down put your palms on the ground but while doing this make sure to back your legs but slowly so that you don't fall. Make sure that it is morning of a v or u shape then your stomach and your knees touching but once your at this point you are going to lift on of the legs up so that you have your two arms and one leg on the ground still. But you need to make sure to keep both shoulders flat and the knees are together. I would say this position was very easy for me to do and for most people since you can change the modify it if needed by just doing straight downward dog and then working up to having on leg in the air. I would rate this a 4 star because it is very challenging for some people but it stretches your legs, butt and arms along with building and strengthening the muscles in those areas.



The Markat Asana is an easy pose for beginners. This pose you starts with you laying on your back with your legs straightened out. Then you will twist your hips to the side and then bring your feet up to your butt. While doing this you will have your arms bent that your

hands are positioned under the back of your head to protect it. I would say this position was very easy for me to do and for most people since you can change the modify it if needed. The rating I would give this poses is 5 stars since it stretches your back very well but also makes sure to help with realgining of your hips and and lower back and working on your shoulders and strengthening the core area. Most people can do this stretch without much trouble, so that's why I would say a 5 stars. It is not very challenging but is very good at stretching the whole body.

“Hatha Yoga is a style of yoga which combines multiple styles of yoga and is an old system which practices yoga postures and breathing exercises which bring the mind and body to peace.”



Mountain Pose is an easy beginner pose. This pose you stand up tall and make sure your back is straight while having your feet together and your arms by your sides with the palms of your hands

facing upwards. I would say this poses is pretty easy for most people and not even a little challenging. The rating I give the mountain pose is 4 star for it is not challenging but it really doesn't stretch or strengthening any muscles. But the mountain pose represents constancy, eternity, firmness, and stillness or seen as a state of full consciousness. It is seen as very stable thing and this poses is seen as a stable pose for most people.



Forward Bend an intermediate beginner pose. You start by standing tall with your feet together and you bend your upper body over so that your hands can wrap around the back of your knees. But if you are unable to bend that far then you can bend over till your able to because that will still help stretch and strengthening muscles and hopefully you can move further down by practice. I would say this pose was hard I had to go to a certain point and stop because I wasn't able to go the whole way it was too painful for me. So I would rate this pose as a 3 star because it stretches, strengthening and helps you become more flexible than you where before no matter how far you go in the stretch. But I would put it as a 3 since it is a hard pose and challenging pose for some people but for others it is easy but you have work for it to become easy to do.



Warrior II is an intermediate beginner pose. You start standing up and going into what is like a lunge position but turn the back foot to point sideways. While the front knee is bent and the hips, stomach and chest area are opened up to the side and the arms palm down stretched and the arms went straight across and have your head face forward. I would say this pose is very simple but a challenging pose for people. For me the hardest part ways turning my back foot. This pose is definitely is a 4 star because of the difficult and the stretching of the muscles of the back and hip area along with lower legs which are holding you up.



The Tree pose is an easy beginner pose. The pose starts by you standing on your own two feet and slowly working on move one fit to the upper thigh area and you being able to balance your body weight onto one foot.

This pose is hard for me to do by it is very hard for me to get my fit all the way up to my upper thigh. So I would rate this pose as a 4 star pose for the fact that I am able to do it and it is very easy for most people to do without any trouble but some struggle with getting there leg the whole way up.



Salabhasana Locust Pose is an advance beginner pose. You start the pose on your stomach and you stretch your arms straight up and out and then the legs go and do the same way while opening the chest up. This pose benefits strengthens and helps the flexibility of the spine, legs, hips, and muscles that surround the torso. This pose was really hard to do I was really unable to do it to what you are suppose to be able to do it. So I would rate the pose as a 3 stars because it is very good at stretching while strengthening the body but it also is very hard for most people to complete this pose without a lot of work or practice.



Bridge Pose is an advance beginner pose. You start on your back

and the you bend your knees and then having your arms laying flat beside you. While lifting your midsection up. I would say this pose is easy for me to do because I find bridge push ups easy. I would rate this pose as a 4 star because it is very difficult for some people but it is also a very good stretch for your shoulders and arms and legs of the body while also building muscles and strengthening the body and abdomen area.

VINYASA YOGA IS A TYPE OF YOGA THAT LINKS MOVEMENT AND BREATH TO ATTAIN BALANCE OF THE MIND AND THE BODY.



Child's Pose is an easy beginner pose. You sit down on your knees and then you put your head and lower half down over top of the of the legs into what looks like a ball and then you but your straight arms down by your sides in a relaxed position. So I would say this pose is very easy for me it was easy but it doesn't really stretch anything I think I think it is more for relax-

ation, meditation and stress relieving. This pose I would rate as a 4 star because it is really easy and not challenging for most people but it is not a pose that is good a stretching and strengthening but it does go after the meditation and emotional and mental state of what yoga is about. Most of the other pose focus more on the physical body not so much emotional and mental but this can also being different for everyone.



Plank Pose or Kumbhakasana is an advance beginner pose. You started by laying flat on your stomach. Then pushing up into push up position with your arms straightened but with a slight bend in them and the legs are about shoulder width apart. I would say this position was very easy for me and I like this because it was slightly challenging but I could feel stretching and my arms and shoulders strengthening. The rating of the pose would be 4 star because it is difficult for some people to achieve this right away but they can work on it. I would also say it is helping build muscle but also stretching and working the bodies muscles.



Cobra Pose or Bhujangasana is an easy beginner pose. You start out laying on your stomach then bring your chest up and put your hands about a foot away from the top of the hip bone but the elbow should be bent and be at the top of the hip bone. The hands should be palms down and head facing forward. I would considered this pose easy but challenging if you have a lack of arm strengthening like I do. So I find it challenging to hold this position for long periods of time. The rating I would give this pose would be a 4 star pose that's for the fact is very challenging for some people but is also strengthening of muscles and building more muscles. The name of this pose represent hidden wisdom and royalty especially in Egypt since it was seen most of the time with the Paraoh's.



Four-limbed Staff Pose or Chaturanga Dandasana is an advance beginner pose. You start out in a plank position and slow moving down but you bend your arms and keep them positioned bent right in line with your side as it should be at a straight right angle. This pose was very challenging for me and I actually could hold it for about 5 seconds before my arms collapse and I think this pose ranks as a 2 star pose. For the fact it is a very challenging and complex pose and it takes a lot of arm strengthening which most people struggling with having unless they are very athletic or strong in the arms.



Upward Facing Dog, or Urdhva Much Svanasana, is an intermediate pose. You start out

laying down on your stomach and then bring your chest and upper body up but then having your fingers facing away from the body. Also tilting your head back slightly. I would say this pose is very hard for me since it requires arm strengthen but it is also different muscles in the arms rather than the cobra pose and plank poses. I would rate the pose as a 4 poses because it is like the cobra pose but the arms are positioned differently then the cobra pose but it works on building a different set of muscles.



Half-moon, which is an intermediate pose, starts in a standing position. Then, lift one leg in the air and slow bend over and place two hands on the ground while taking the arm that is on the same side of the leg up and putting it straight up in the air. You should end with one leg and arm on the same side on the ground and the opposite arm and leg in the area. I would say this pose was very difficult to do. When I was trying the pose, I almost fell over sideways. I would rate this pose as a 2 star for that fact it is very challenging for any person to do unless they are very athletic. Anyone who struggles with balance it would definitely struggle with this pose.

Kundalini Yoga combines both spiritual and physical. This is about releasing the Kundalini energy in your body that is trapped in the lower spine. This style can really work on your core and breathing by using fast movements and invigorating postures. These classes can be intense, however, and can involve chanting, mantra and meditation.

Bhekasana ,or frog pose, is an advanced beginner pose. You will want to start by getting on



your knees and spreading your legs as far as you can. Make sure you can stretch your hips while your upper body is down on the same level. I found this position hard to hold, but I definitely felt it stretching my tight hips and helping with the clearing of my mind. I would rate this pose as a 3 star because it is very hard for most people to achieve without a great amount of stretching before trying. But frogs represent birth, rebirth, and motherhood. In Celtic it is shown as lord over all the earth and believed to have healing powers for the connection between water and cleansing rain.



Ustrasana, or Camel pose, is an advance beginner pose. You start by sitting on your knees and lifting your butt off your legs and then leaning your arms and upper body back so that your hands and feet are touching. This pose is very challenging and hard for me to do. I was actually not able to get anywhere close to finishing this pose. So I would rank it as 1 star because I believe if you get to the pose it will help stretch lower back and glutes but I it is very hard and challenging for most people to be able to complete this pose. Camel representation in the world is endurance, strength, persistence, sacrifice along with incredible patience and steadiness.



Crow Pose is an intermediate beginner pose. You will start in a position of where you are squatted down but both feet are still together and then you put both hands on the ground with the elbow in front of the knees. You put your hands flat on the ground and lift up off the ground and will have all your bodies weight on both of your arms. I was not able to complete this with being up for a second and then collapsing to the ground. I would rate this pose as a star 1 because it is very complicated and most people can't do it without a lot of training and arm strengthening but it is a very good stretch and building muscles in your arms and shoulders.



Guru Pranam is an easy beginner pose. You start on your knees and put your upper body down towards the ground that your face is facing down and touching the ground. Then you have your arms together in a point above your head on the ground. I would say this pose is easy and most people can complete this pose with little to no difficulty. I would rate this pose as a 5 star for the fact most people can complete easily but it is a stress relieving and relaxation pose. This help with the mental, emotional and spiritual which are very important with yoga.

Sat Kriya is an easy beginner pose. You start by sitting on

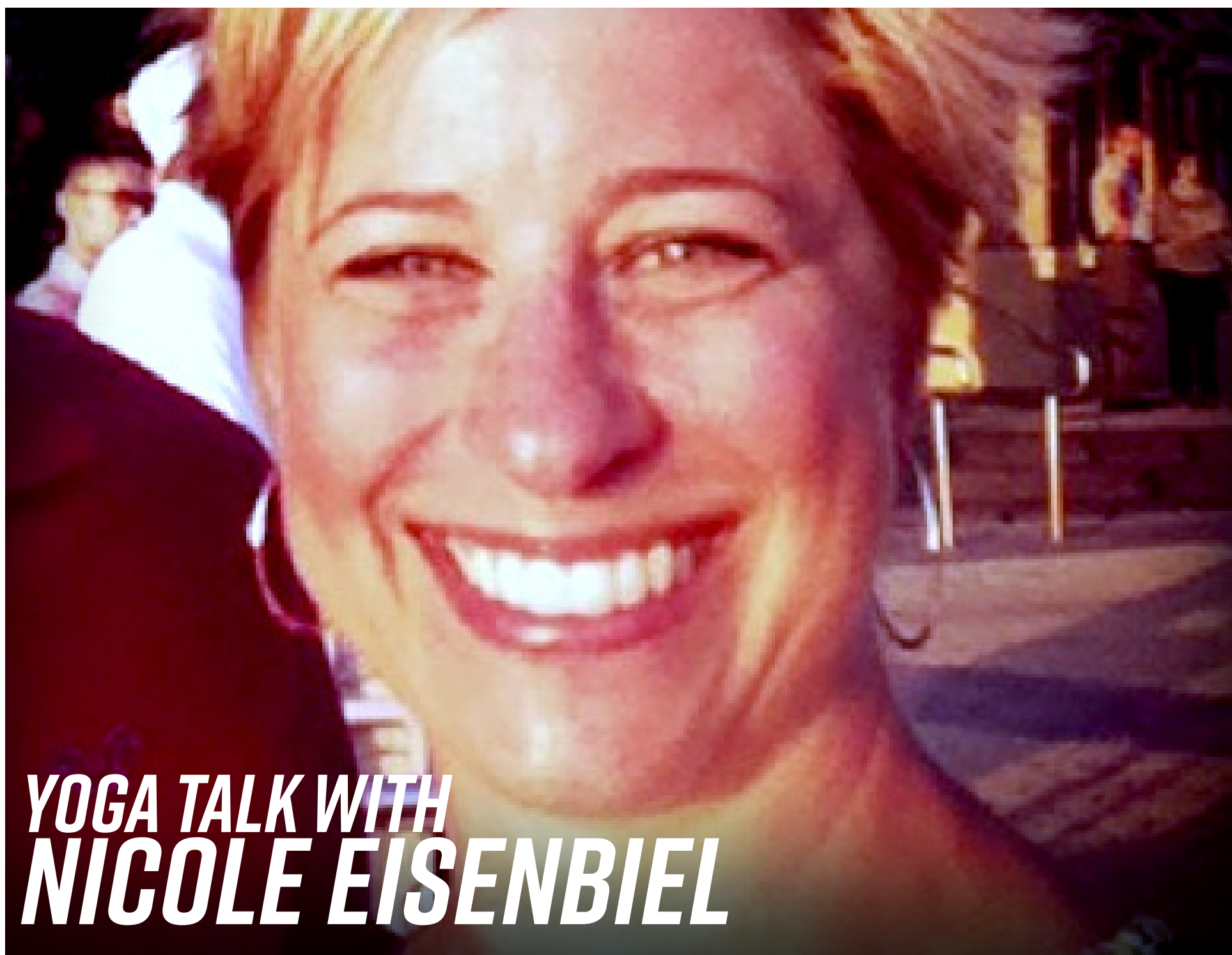
your knees and your arms together above your head in a pointed position. This is a very easy pose



to complete but is big into helping with the spiritual, emotional and mental part of yoga. But it also does help the body physically with lower back pain and shoulder pain. I would rate this position as 5 star also because it helps with pains and stress relief and other mental and emotional problems.



Rock pose to kneeling is an intermediate pose. You start by sitting on your knees and your hands sit up on your knees. The pose is not for physical or strengthening of muscles. This pose is a type of meditation. I want to say this is the most difficult pose for me for the fact that I couldn't fully grasp the mental side of it. I would rate it as a 5 star because some people are really good at clearing their minds and being able to connect to their mind, body and spirit all in one by using yoga.



YOGA TALK WITH NICOLE EISENBIEL

Nicole Eisenbiel is a physical education teacher based at Central York High School. As a teacher there for many years, she is experienced in her field and a helpful guide to students of all fitness interests.

Can you introduce yourself and what do you do?

I am Nicole Eisenbiel and I teach health and Phys. Ed, and I also teach yoga and a kickboxing class after school.

What inspired you to start teaching yoga?

I started teaching other classes first, other kinds of fitness classes, so I had already had a background in that kind of teaching. I took yoga for a very long time and then thought maybe I wanted to give myself a challenge since

it is a very involved process to teach yoga. It's not an easy process to go through the training, so I just wanted to challenge myself and try something new.

How long have you been teaching yoga?

Probably 5 and a half years.

How did you learn to teach yoga?

I took a 200-hour training course to be a registered Yoga teacher. I did it at a place called Evolution Power Yoga. I did an intensive training that was 3 weeks

every day for 15 hours a day, or something like that. It was intense.

What forms of yoga can you teach?

The style that I teach is called "baptiste". Power yoga is another name for it.

What about yoga resonated with you when you first learned about it?

I think just the connection with your mind and your body, and how it's a good way to destress and focus just on your breathing.

What was the main force that drove you to begin learning yoga?

Well, I had a yoga teacher that I looked up to and aspired to be like her. She influenced me in the beginning.

What is the main takeaway you get when you perform or help others perform this practice?

I think when I teach it, it's like a gift that you can gift to people and you get an hour to focus and relax. It gives them a chance for an hour to take for themselves. Most of the people I teach are adults,

so they have busy lives. It gives them the chance, for an hour, just to have some time to themselves. I think the biggest takeaway is that they appreciate that and that I get to experience that with them.

What has yoga taught you about yourself or others?

Hmm, a lot. I guess to be patient with yourself. It's a practice, so you're not going to be perfect at it. It's an ever growing and changing practice. Every day is different, depending on how your day is going or how you're feeling. Also, that everyone is different. Not everyone can do the same things in yoga. Some people can do a handstand easily and other people can barely touch their toes. It's for everyone, which I think makes it unique.

Why do you think yoga is a respected practice?

I think because it's done all over the world. People of all different ages participate in yoga. People of all different backgrounds. There's yoga with goats now, even yoga with dogs. It's just become very mainstream. Originally, I think it started out related more to Buddhism and religion, but now it's grown so much that so many people are exposed to it now. There's so many different forms of it that I feel like there's always a form that's right for every person. Some are more challenging than others. You can go to a studio with hot yoga. It just depends on what you're looking for.

How has yoga improved your health/mentality?

I think as you get older, it's important to keep stretching because that's something that as you age, you lose your flexibility.

So I think that it keeps your body limber so you can participate in other activities as well. It helps calm me, it helps relax my breathing. If I'm feeling anxious or nervous about something, usually when I'm done practicing I feel much better.

Why do you think other people should do yoga?

As I said earlier, I think there's something in it for everyone. Some people do it more for the exercise part of it, some people do it more for a stress reliever, some people do it for religious reasons. I think there's something there for every person to take away from it.

Anything else you'd like to say about what you do and why you do it?

The process of going through the training forces you to step outside your comfort zone. It forces you to do things or teach things that maybe you're not completely comfortable doing or teaching. A lot of the training is assisting. That means that you are helping someone if they are doing yoga. You know how to make a pose better for that person. It might be putting your hands on their back so they know to relax their shoulders. There's a lot of education involved in it. I think it's challenging, that's for sure. But, in a good way! **y**

YOGA HEALTH

BY ASHLEY BLAINE

Yoga has been a benefit to known to benefit the human body in many different ways. The areas that it mainly targets are the core, arms, legs, glutes, and back. The reasoning how yoga can hit in all of these target spots is due to the fact that it uses all parts of the body from doing the most simplest or complex poses to do. It helps with taking away love handles or helping get those abs you have always wanted. While doing certain poses helps equally spread the weight of your body across you evenly. Any types of planks represent this, from side plank to crow pose. While it also works on the shaping of the legs through working all sides which include the quadriceps, hips and thighs. Physically yoga works on glutes by warrior pose, which are deep knee bends and the back, by relieving a sore back. Yoga is a form of exercise which helps anywhere from stretching muscles, strengthening and building muscles while also relieving you

from everyday physically body pains. That is specifically where it helps each part of the body but overall it increases energy, better balance, along with helping normalize digestion and weight while increasing bone density, improving cardiovascular health, improving breathing, and strengthening your immune system. But not only physically it also helps people emotional, mentally, and spiritually. Emotional yoga helps with making you have positive thoughts, self-acceptance, boosting self-esteem as you start to improve and helps your mind and body become more in tune with your relationships with others. Mentally yoga teaches you to relax while managing your stress levels and increasing ability to focus and concentrate. You see this in meditation helps you observe and learn to control your mind. This ability helps you to learn and retain new information. Reliefs of anxiety, over-thinking, while reducing stress which

all lead to better overall health. Through all of this you learn to slow down and see the world at a slow pace then everyone else which helps so much. Spiritual it makes you feel a connection from your body, mind and spirit as well as being able to reconnect with true essence and getting ultimate spiritually fulfillment. All forms of yoga will help with flexibility aerobic, strength, and it is a sport which is low impact. This is great things for people of any age can be involved in doing along with an skill level because skill doesn't matter. It is that you are getting out and doing something physical which will help your body. Along with yoga not being a very costly thing to do, (there are places you can go and get a monthly or year pass or even just do it at your own house) you can utilize Youtube videos to get healthier or see what a class is like. Everything is at your fingertips for you to try out and see what fits you best for your health.



The Branches of yogga

BY SARAH FLYNN

Introducing a complete set of 8 uniquely chosen yoga positions, designed to parallell various branches and sub-branches within our U.S. government.

Whether you look at these poses for the purpose of learning, or whether you use them as

a personal, structured routine, there is a connection to be made with these forms for everyone. Learn information on each pose in relation to it's government branch parallel, the instructions on how to perform these poses, and apply them based upon the level of difficulty for each pose.



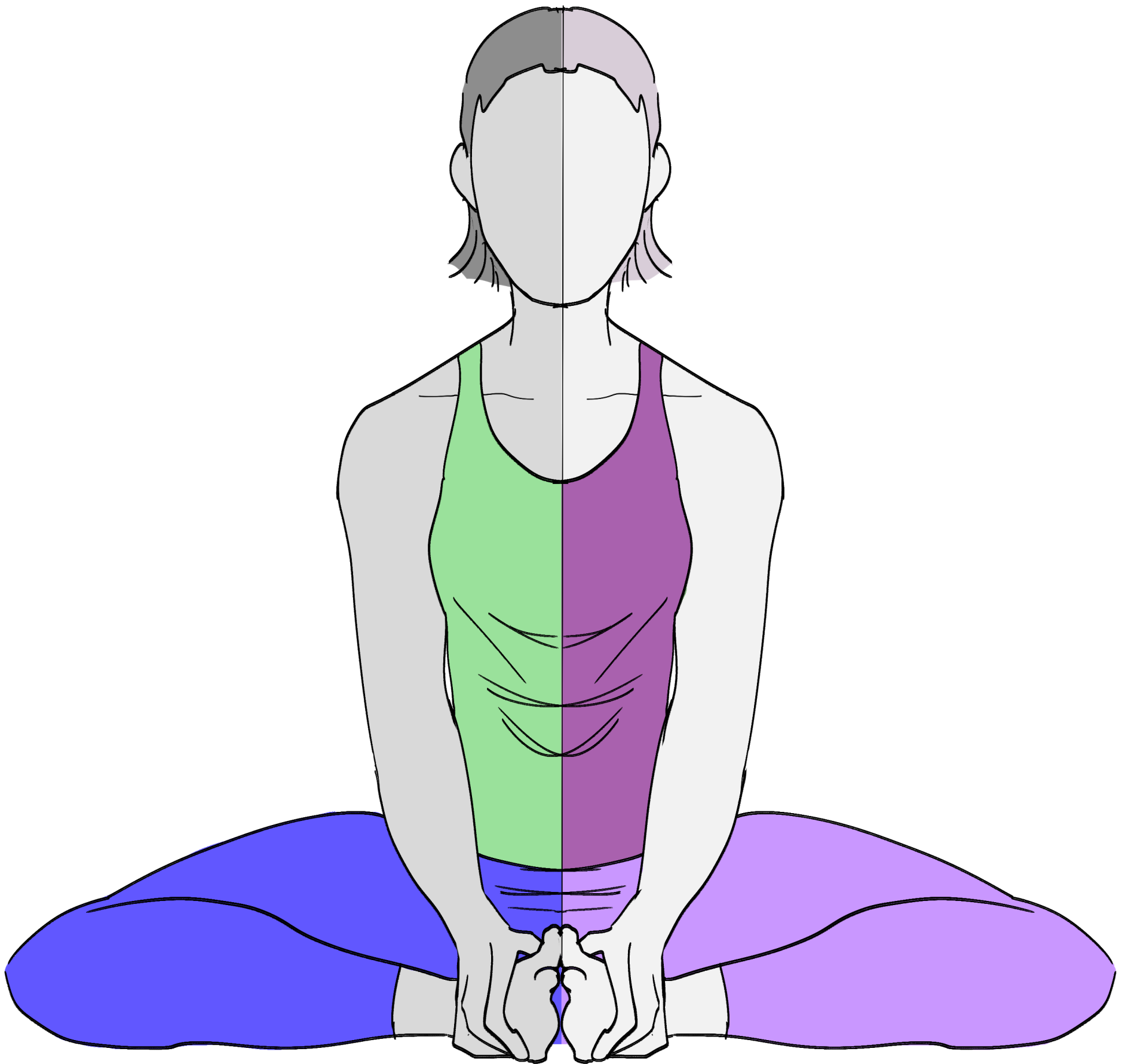
Congress

Level 1

“This perfectly symmetrical pose is a lot like Congress, which is the lawmaking branch of Legislative government.”

This perfectly symmetrical pose is a lot like Congress, which is the lawmaking branch of Legislative government. Congress is comprised of the Senate and the House of Representatives. Because the power of Congress is shared equally between these two sections, and laws cannot be passed without the approval of both, balancing in the body between two halves is a physical way of translating this branch into a form of yoga.

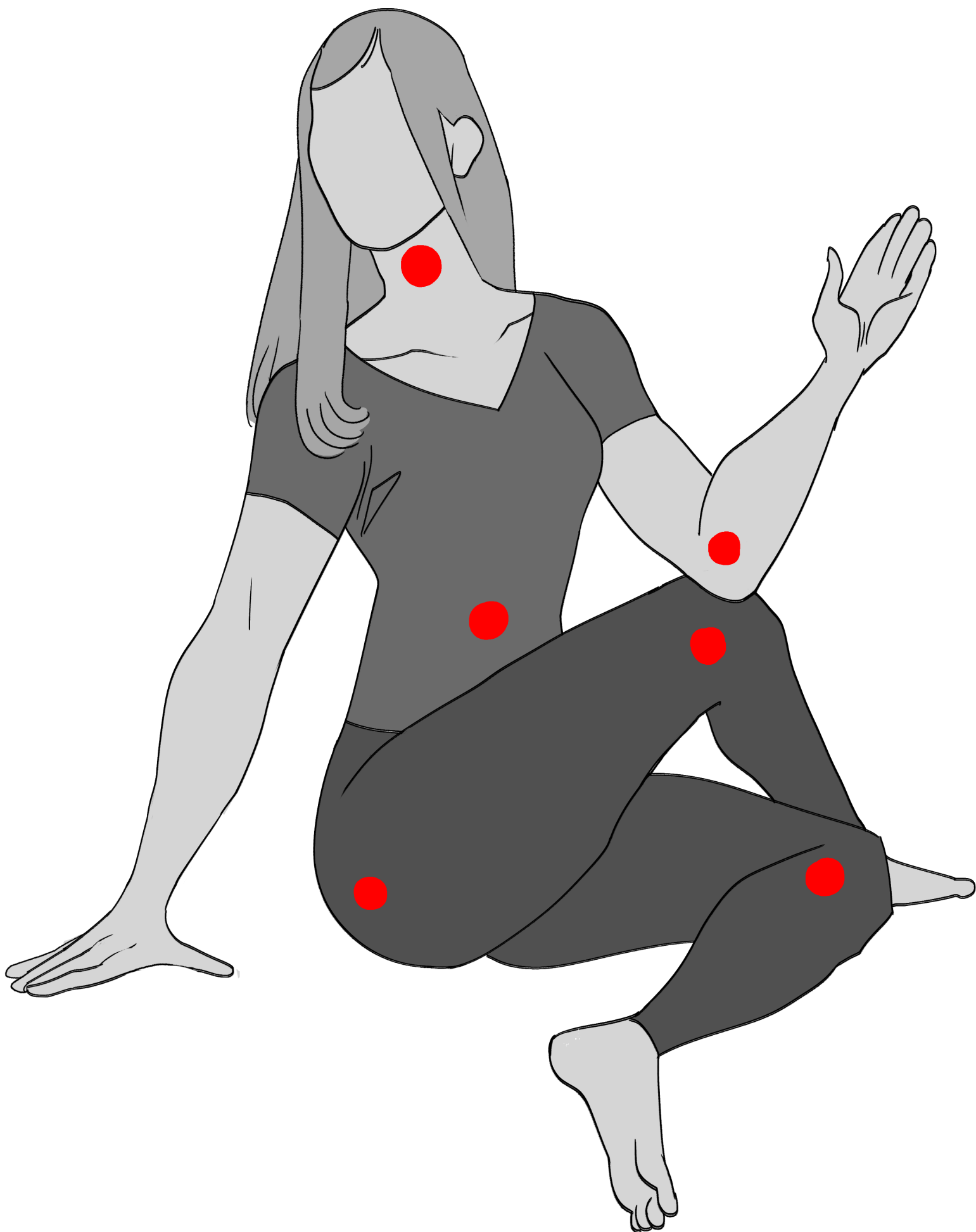
To perform this pose, sit with your legs flat in front of you in a sitting position, and then ll them to your torso with your hands as far as you can. Keep your back posture very straight and your breathing steady as you perform this pose.



“The six twists in this yoga pose represent of the six-year terms that Senators are elected by.”

Within the senate, each state in the United States is required to have two senators. Since it is uncommon for senators to be elected every two years, these six points serve as six different focuses that a senator must look at as well. These focuses vary, but big ones include environment, economy, welfare, agriculture, employment, and education for their respective state.

To perform this pose, begin with one leg on the ground and one leg held in a position close to your glutes. Slowly, lift your leg with the aid of your arm and lean forward for balance.



Conference Committee *Level 1*

“This leg, that serves as stability for the whole body, represents the concept of a conference committee: creating a reliable beam for the weight to be supported by.”

When the Senate and the House of Representatives cannot agree to you pass a law, a conference committee is required to form and settle the disagreement. This pose, which puts balances uneven weight above the core of the body, is grounded by a single leg. This leg, that serves as stability for the whole body, represents the concept of a conference committee: creating a reliable beam for the weight to be supported by.

To perform this pose, begin with one leg on the ground and one leg held in a position close to your glutes. Slowly, lift your leg with the aid of your arm and lean forward for balance.



Supreme Court Level 2

“Just as the US Constitution is the foundation of our country, the trunk is always the foundation of a tree or a body.”

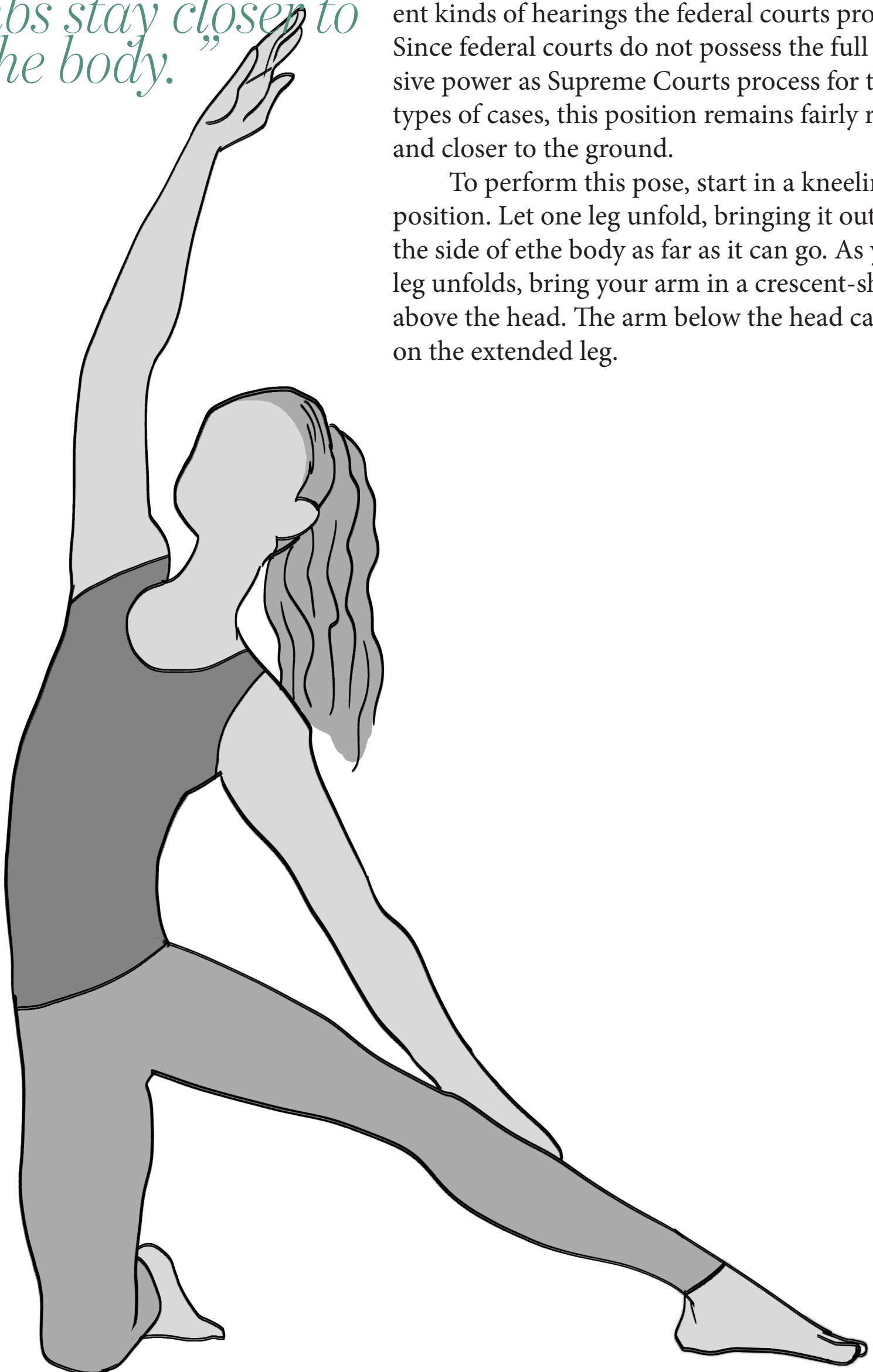
Just as the Supreme Court is the most traditional court in the Judicial Branch, this pose serves as a similarly traditional yoga pose that is suitable for most body types. The Supreme Court is the only court of its kind, only receiving hearing is related to the US Constitution. This pose, loosely resembling a tree, is meant to resemble a foundation. Just as the US Constitution is the foundation of our country, the trunk is always the foundation of a tree or a body.

To perform this pose, start standing on two feet and folding your hands together in front of you. Slowly take a foot off the ground and bring it as close to the core of your body as you can. Be sure to maintain steady posture and breathing as you perform this pose.



Federal Court Level 2

“In this position, two limbs of the body reach out very far in two directions while the other two limbs stay closer to the body.”



Federal courts in each state only receive two kinds of hearings: cases involving federal laws in issues beyond the authority of the state, or cases that were previously appealed from the state's supreme court system. In this position, two limbs of the body reach out very far in two directions while the other two limbs stay closer to the body. This represents the two different kinds of hearings the federal courts provide. Since federal courts do not possess the full decisive power as Supreme Courts process for these types of cases, this position remains fairly relaxed and closer to the ground.

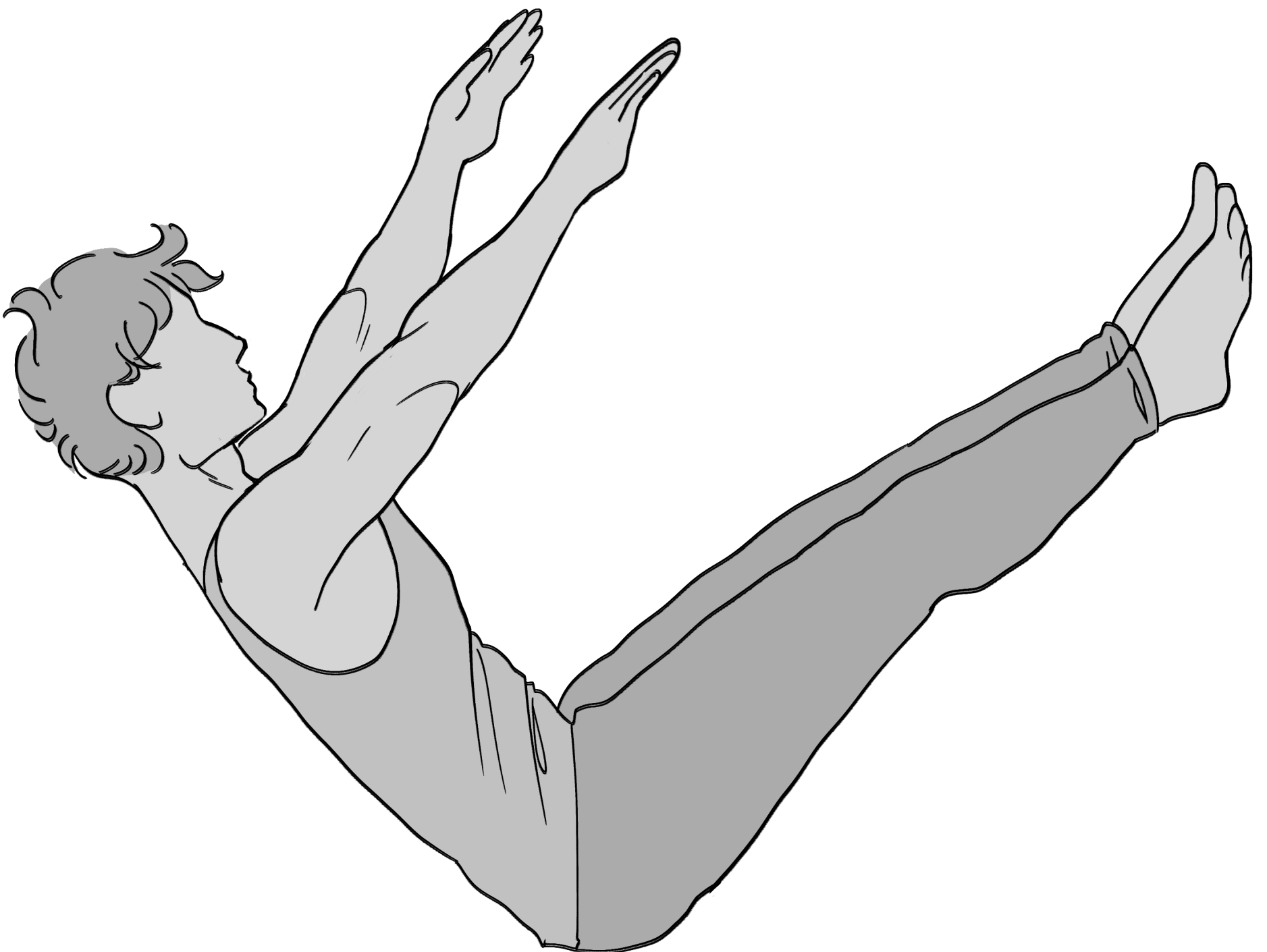
To perform this pose, start in a kneeling position. Let one leg unfold, bringing it out to the side of the body as far as it can go. As your leg unfolds, bring your arm in a crescent-shape above the head. The arm below the head can rest on the extended leg.

District Court *Level 2*

“In this yoga position, roughly 80% of the body’s muscles or are being worked, physically representing the heavy workload that district courts perform within the Judicial branch of government.”

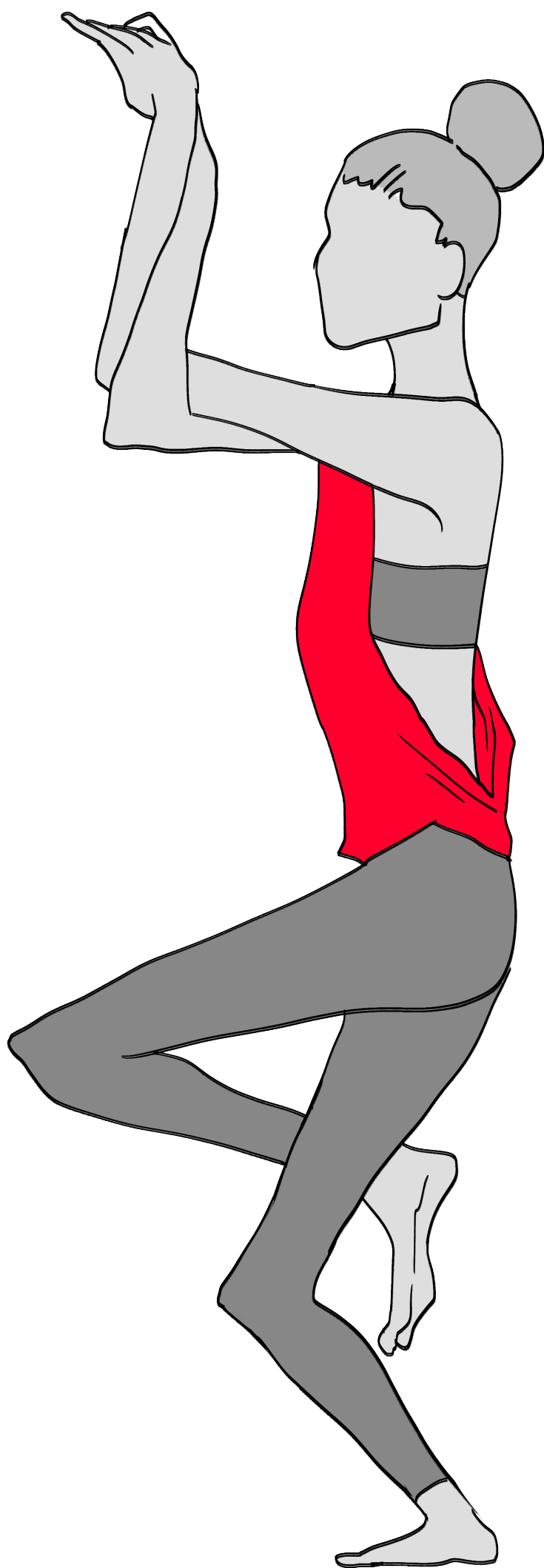
District courts are the most abundant type of court system within each state in the United States. These courts handle nearly 300,000 cases a year, which is about 80% of all court cases in America. In this yoga position, roughly 80% of the body’s muscles or are being worked, physically representing the heavy workload that district courts perform within the Judicial branch of government.

To perform this pose, start by laying flat on the ground with your arms above your head. Together, slowly lift your torso and legs, bringing your arms over your head and in front of you. Your back should be straight, and your arms should end up being parallel with your legs.



Commander in Chief Level 3

“In this position, two limbs of the body reach out very far in two directions while the other two limbs stay closer to the body.”



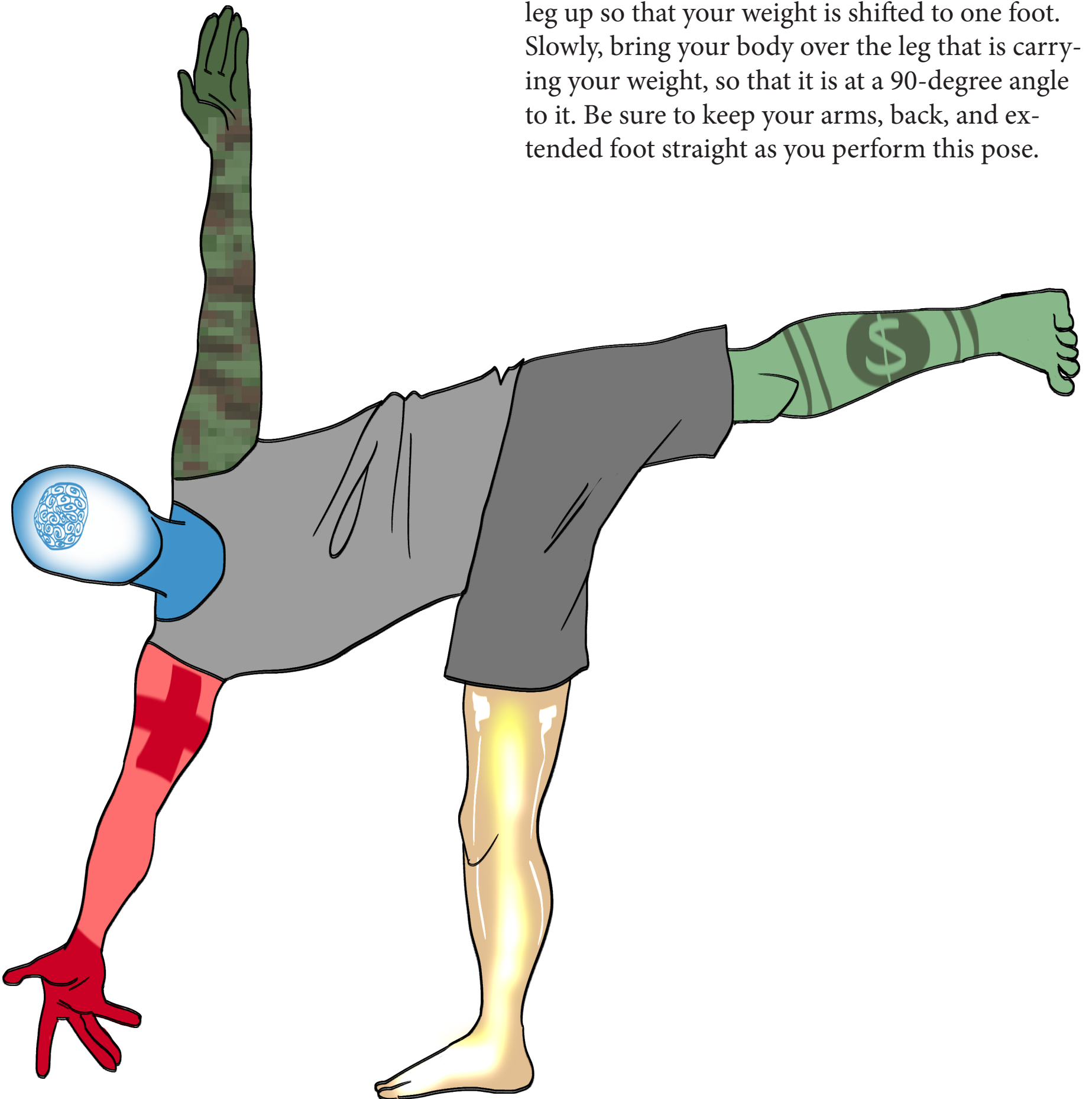
As of last couple years in the United States, our president of the United States—known as the “commander-in-chief” in technical terms—is a very well-known in chaotic figure. To represent this in its entirety, the pose is meant to overlap at as many points as possible and appear chaotic. The overlapping hands and feet represent the contradiction and hypocrisy in the leadership that our commander-in-chief has demonstrated within the past couple years of being elected.

To perform this pose, start in a standing pose, arms out in front of you. Bend both elbows at a 90-degree angle in front of you, and then rest one elbow within the other. Then, overlap your wrists in a similar way. At the lower half of your body, lift one leg and rest it in the dip behind your opposite knee. Use the leg you are carrying your weight on to bend down slightly, activating the muscles in your thighs and glutes. Be sure to keep your back straight and your breathing steady while you perform this pose.

“The cabinet is a collection of departments that control different aspects of the executive branch.”

The cabinet is a collection of departments that control different aspects of the executive branch. For all but one of these departments, the commander-in-chief himself is able to elect or remove the leaders. However, represented by the very top reaching arm of this yoga pose, this ability does not apply to the Department of Defense. All the other far-reaching limbs of the body represent various other departments, such as the Department of Energy or the Department of Healthcare. This position generally symbolizes the numerous departments that the Executive Branch controls.

To perform this pose, start in a standing position, arms out in a T-position. Then, lift one leg up so that your weight is shifted to one foot. Slowly, bring your body over the leg that is carrying your weight, so that it is at a 90-degree angle to it. Be sure to keep your arms, back, and extended foot straight as you perform this pose.



WHY DO LIBERALS NEED YOGA?

BY SARAH FLYNN



Yoga, in essence, is the practice of being in complete oneness with the mind, body, and breathing. In the era of Trump's presidency, we all know that oneness between those three elements are the last thing the majority of us have left. However, between news, current events, and political debate, no one has a bigger ache in the head than the liberal party. Every statement released by news or press straight from President Trump tends to end with liberal debate, whether it be among political figures or ordinary citizens. Regardless, as events come and go along Trump's timeline as president, so does leftist discussion. If you or anyone you have ever known fall into the thousands who feel the mental strain of living through the propaganda that comes from Trump's legacy, then here are some new ways to release yourself from the strain that this time in history brings to the table.

THE MIND

The mind is the core of our very being. We can feel handicapped when we are subjected to migraines induced by information we cannot control; most especially information we fundamentally do not align with. Yoga is a practice designed to bring your mind to peace by meditating on things that are both good and bad, and being at peace with things that are out of our hands. This especially applies to the situation at hand, considering that political controversy is the main antagonistic force in media conflict. This practice of channeling inner peace could be something that the liberal party needs in this presidential era more than anything.

THE BODY

Liberal controversy against statements from Trump is physically exhausting no matter how you look at it. In situations like

these, the slow and steady body movements of yoga could be the key to restoring the overall health of people that are part of the liberal party. Because yoga is designed to harmonize your body with your mind, physical exhaustion induced by political debate would be eliminated as a harmful agent in this time in history. And in the long run, it might even save the lives of the people of the liberal party.

THE BREATH

It can feel hard to breathe when your a political foundations are being insulted right on the very platform that respectful debate has always existed on. In television discussions and debates, liberal speakers appear as if they have no time to breathe in order to say all that is on their minds. Yoga, in essence, is designed to sync thoughts and body movements all to the simple rhythm of your natural breathing. In the allotted time it takes to perform 5 to 10

minutes of yoga, a liberal party member could put into practice the values of this political party and restore themselves from the grips of a migraine.

WHY DO THEY NEED IT?

Political debate is a fact of life. It exists whether we advocate for it or not. Not only does it exist on television, but also in our most personal encounters. Sharing our political views and criticisms is what brings us, as people of a nation, a sort of unity. Without political debate, our country would be being run by leaders selected by people who did not truly represent us. As quoted by the liberal party:

“The Liberal Party exists to build a Liberal Society in which every citizen shall possess liberty, property and security, and none shall be enslaved by poverty, ignorance or conformity. Its chief care is for the rights and opportunities of the individual and in all spheres it sets freedom first.”

The core value of the liberal party is for every citizen to possess liberty and belongings in security that cannot be taken away from us without good cause. After all, yoga is not just for the average hard-working mother and her girlfriends, it is an ancient practice that has existed much before this time in American history. Yoga is a movement that is truly applicable to every kind of person.

