

Advantages of Hatha Yoga

Hatha Yoga traces back its get-go to some 5000 years. Hatha Yoga aims at establishing a healthy body, mind and spirit. Hatha Yoga comprises of the stretching exercises, mental concentration practices and breathing techniques. The Lotus position from Asanas is being used in practicing Hatha Yoga. Just like any other Yoga form, Hatha Yoga aims at reconnecting the human spirit with the eternal supreme spirit. So obviously, a person who is practising Hatha Yoga is bound to improve his spiritual, physical, mental and emotional health. As in every other Yoga, concentration and ardent devotion are the key factors that'll bring the best outcome in Hatha Yoga too.

Hatha Yoga enables the spirit to accomplish its mission on this earth, with perfection. An enlightened spirit is a sort of password that re-establishes the lost communion between an individual soul and the master spirit. Once the spirit is enlightened, the mind is relaxed and it throws away all stress and pain. So does the body. The spirit will be able to perform properly only if the physical body can advance to a positive energy level. Hatha Yoga promotes this positive progression. Hence it is called the vehicle which takes the soul to the core of the Universe. Literally Hatha Yoga makes its practitioners feel that their souls are floating to somewhere like a cloud fragment!

Hatha Yoga is the most popular form of Yoga. Kundalini, Ashtanga, Bikram, Power Yoga and many a lot branches, in fact, originated from Hatha Yoga. For the betterment of concentration, nothing suits you like Hatha Yoga. Hatha Yoga discloses to its aspirants those glittering drops of divinity within oneself. Alongside enlightenment, strength, relaxation and flexibility are attained by a Hatha Yoga practitioner.

Channelization of energy is yet another major undertaking of Hatha Yoga. It directs the flow of spiritual energy through the open energy channels. This results in the synchronization of the body, mind and the spirit. Hatha Yoga teaches you the pointlessness behind getting frustrated at the onset of some pain or tension. It teaches you how to handle even the most disastrous strains with out any anxiety or shudder.

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About the Author

Rajaneesh Awasthi is one of the leading practitioners of Yoga in India. His yoga lessons have helped many a lot to turn their lives into a prosperous and satiable affair. Visit his site <http://www.yogaprism.com> to know more.