



# Whale of a Time

Creative Workshops for Body, Mind & Soul

[www.whaleofatime.org](http://www.whaleofatime.org)

[workshops@whaleofatime.org](mailto:workshops@whaleofatime.org)



## Yoga living in harmony with body, mind and soul ☺

### The concept of Yoga

Yoga exercises are based on a holistic approach, which harmonises body, mind and soul. It combines Asanas, phases of deep relaxation, breathing exercises as well as meditation exercises.

**Hatha Yoga** (Sanskrit, haṭha yoga, from hatha force, persistence, suppression) is one form of Yoga, where the balance between body and mind is achieved mostly via physical exercises (Asanas), breathing exercises (Pranayama) and meditation.

The exercise of Asanas improves the interaction between body, mind, soul and breathing. As a result an improved vitality and at the same time inner tranquillity is produced.

### Yoga can be helpful for following problems:

- Head and neck
- Cardiovascular System
- Respiratory System
- Gastro-Intestinal Tract
- Joints & Musculo-Skeletal System
- Urogenital System
- Emotional & psychological processes

In the original teachings of Yoga, it's a way to completeness, including the harness of cravings and exercising methods of cleansing.



## Roots

Yoga originates from India and its roots of the philosophy lie in Hinduism and parts in Buddhism. The individual is seen here on a journey in a carriage of the materialistic body. The carriage is the body, the carriage driver the mind, the five horses the five senses, the passenger the soul and the harness is called in Indian "Yoga". The oldest records are found in the Upanishaden. The most important source text of Yoga is the Yoga-Sutra of Patanjali.

Upon a traditional understanding, which unites the pre-scientific and spiritual elements, Yoga stimulates through the combination of body postures, movements, concentration points inside the body, breathing techniques, as well as the use of Mantras (meditative words or syllables of sounds) and Mudras (body postures in connection with Bandhas or hand symbols / "finger yoga.") the life force (Kundalini), so that it begins to rise through the Sushumna inside of the fine elemental spine up to the Chakras (energy centres).



**The Bhagavad Gita** (Sanskrit, f., gītā – song, poem; bhagavan – god), „the song of god“ is a central writing in Hinduismus, a spiritual poem. It meditates to the practicing Yogi for the understanding of Yoga important philosophical-religious backgrounds. In the text it talks about Karma, i.e. the Hindu and Buddhist principle of cause and effect, about reincarnation, meditation, Dharma, recognition of god and believe in the love of god.

**Yoga-classes contact: [workshops@whaleofatime.org](mailto:workshops@whaleofatime.org)**

Have a Whale of a Time! ☺

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