Moving with the Energy Lines

Movement in terms of energy lines or paths is a concept that adapts well to Pilates. Energy paths can be straight, circular, or spiral shaped. Fundamental movements such as pelvic curl or chest lift are comprised of only one or two energy lines. More complex movements have more energy lines, since various parts of the body reach in different and often opposing directions. For example the spine twist has longitudinal, horizontal and circular energy lines. The longitudinal line, which travels up and down the spine and continues into space, keeps the trunk upright. The horizontal line, running across the shoulders and traveling outward in both directions, keeps the arms, shoulders and back as broad as possible and on one plane. We add to this a spiral, which travels up the trunk, illustrating the rotation that occurs. The energy moves in all these directions at the same time, making this movement relatively complex.

Think of the energy lines as a form of notating the energy of the exercises. Understanding these lines will bring clarity and simplicity to the exercises and result in precise movement. You can utilize this principle in every exercise. Once you understand the energy lines of an exercise, the choreography becomes clear and the correct muscles will be activated in the most effective manner.
The Fives: Five abdominal exercises to do every day

1. hundred
2. rolling like a ball
3. single leg stretch
4. crisscross
5. double leg stretch
6. scissors
The Health Benefits of Yoga

Yoga has been in the world since more than 5000 years. Every year more and more people are discovering its advantage and have started practicing to enjoy health benefits. We can say that the world today is swept by the true fitness mantra Yoga. With changing times more advanced and fusion type of Yoga has evolved which makes use of asana and meditation and breathing techniques. One can benefit from these forms and enjoy good health. Here are discussed some of the Yoga health benefits:

Benefits of Yoga for Flexibility

Age is nor bar when it comes to Yoga. Elderly people and arthritis patients are extremely worried about flexibility. But the fact is that even people with such condition can make use of Yoga in everyday life and can benefit good health. The muscles can be safely worked out by various Yoga poses and the range of motion can be increased. Yoga increases the natural lubrication of body and softens all the body tissues. Thus, Yoga health benefits can be observed and enjoyed in very short period of time.

Benefits of Yoga for Strength

Some fusion forms of Yoga like the power Yoga and asthanga Yoga offer more health benefits and they are vigorous. They tone the muscles. The iyengar Yoga lays less stress on movements with precision in poses. These are good to give strength and stamina benefits.

Benefits of Yoga for Posture

With flex and strength the posture improves. Further the core strength gets developed with standing and sitting postures. Another important benefit of Yoga comes with increase in alertness.

Benefits of Yoga for Breathing

All the Yoga asana and the Yoga postures are well structured with breathing techniques. This is important to improve the lung capacity and increase the blood flow in the body. With improvement in endurance the performance also perks. Yoga lays stress on deepened and lengthened breathing technique.

Benefits of Yoga for Reducing Stress

Even a beginner can feel the difference in his/her first Yoga class. Numerous Yoga styles make particular meditation technique to calm the mind. Some other Yoga forms focus on breath. Yoga is popular on account of its anti-stress benefits.

Benefits of Yoga for Concentration
It's true that with absorption of Yoga in life the concentration improves and the mood swings arrested. Yoga has tremendous effect on depression and anxiety. Yoga is said to ease some of the obsessive compulsive disorder.

Benefits of Yoga for Heart

Even studies support that Yoga is capable in alleviating cardiovascular diseases. It reduces heart rate and control blood pressure. People can get benefited with Yoga and they can control hypertension, stroke, cholesterol etc. some studies even show the anti-oxidant effect of Yoga for better health.

Benefits of Yoga for Other Ailments

In the west the researchers has found the benefits of Yoga on account of its therapeutic effects. Yoga benefits arthritis, asthmas, back pain, insomnia and even in sclerosis too.

Other health Benefits of Yoga

Yoga builds memory. It also slows down the aging process and boosts energy level. On a spiritual level too the awareness increases. Yoga practitioners opine that even on personal front Yoga works miraculously.

With practice of these Yoga practices one can witness and benefit all the good health. It infuses entirely in one's individual's life.