

# The Most Important Reasons for Doing Yoga and Meditation

## **1. To Learn How to Connect your Breath with Movement.**

By knowing how to move and breathe properly you will find inner peace and the ability to heal. The act of breathing helps us overcome the stress of doing and thinking too much. Inhale a deep breath, letting your belly expand first, your ribs and then allow your chest to rise. To exhale let your belly retract inward, your ribs and then your chest very slowly fall. This is the formula for strength and better health.

## **2. To Learn How to use your Breath to Claim your Inner Strength.**

The most important thing you can do for yourself is to breathe deeply. Without breath there is no life. With the right breath there is more life. You will learn how your breath is the secret to a powerful source of energy in your body that you never knew was possible.

## **3. To Learn Techniques to Help you find Peace of Mind.**

By controlling your breathing you can find acceptance and peace. This is easy to say. It does not happen overnight. It is a process of befriending yourself as you feel yourself moving and stretching in one place

## **4. To Learn How to be in a Neutral State of Mind.**

Yoga is one way of uniting the good with the bad and learning how to be in a neutral place. You must finally stop and feel. It might be uncomfortable at first, but if you can allow your body to hold a posture than you can exhale and relax. This will give you the ability to ground yourself and be more accepting of the inner and outer challenges in life.

## **5. To Learn How Breathing can become a Liberating force in your Life.**

By breathing in place you allow yourself to overcome the temptation to move quickly and react rather than respond.. By moving your body in one place, you demonstrate that you can liberate yourself from the stresses of life with your breath. Something simple, but a brave force that can determine your destiny.

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