

# [Example of yoga report](https://assignbuster.com/example-of-yoga-report/)

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After my first engagement in yoga, I feel aches in my body joints and some slight headache. My heart was pumping first due to the vigorous exercise though I feel internally refreshed. Yoga not only relaxed my physical muscles but also my psychological well-being. For the first time after a long period, I was able to reflect on myself. I could feel blood move through my veins and even count my heartbeats in a minute. Despite the aching and some few muscle pulls and headache I suffered thereafter, I appreciated the internal relaxation than came with the practice of yoga.
The challenges I had in my first yoga classes were to maintain concentration and simply focus on myself. In some instances, I forgot that I was able to focus on myself as my attention drifted to the cars around me. It was also difficult for me to maintain some of the meditation postures that are required by yoga. I am not used to sitting with folded legs and even though I tried, I was not able to maintain it for the required time. Due to the postures I had to maintain, I suffered some pain and aches in my body. I was also required to chant some words which I did not understand or even realize the meaning.
- the most important fundamental in yoga and why
Successful yoga requires maximum concentration and focus. The essence of the various postures and the chants that a person is required to maintain yoga are mainly to give focus and concentration. Closing of the eyes is mandatory especially when one has to get into deep meditation. Closing the eyes enables a person to focus on their internal and psychological feelings, which is important in enhancing the required relaxation. The psychological healing required for the healing of the body can only be achieved if such a process is done consistently and frequently.
- What do you feel is another important fundamental in yoga and why?
Discipline is also another important feature required in yoga. Despite the fact that there is an instructor to guide, a person through the process, maximum results can only be achieved when the person is self driven. Discipline will ensure that a person maintains the practice even when not under instructions. Yoga, just like any other physical exercise requires a lot of sacrifice and determination. The fact that the results are also long term and happen in stages makes many people give up on the way. However, a person who understands its long-term benefits will persevere through the seasons and utilize the lessons to the maximum.
The best thing that happens to a person after yoga is the relaxing feeling of the body and the mind. A special healing happens to a person that makes them feel new and fresh. A person is rejuvenated and strengthened to face the challenges that come with life. As the mind is refreshed, a person realizes that he or she is able to come up with better alternatives and solutions to the challenges that come with life. The person also realizes that most of the things that bother them are beyond their control and hence the need for contentment.
In class, I have learned to appreciate the little achievements I have in life and hence being motivated to perform better. Going through life, I have realized that each day is a blessing and that it is not a guarantee I will live to see the next day. With such information, I live a day at a time and utilize every opportunity not just to make my life better but also of the people around me. I find a lot of satisfaction by simply inspiring another person and being the reason for them to appreciate life.