

Yoga - Natural Cure for Fibromyalgia

Yoga

Yoga is an excellent Natural Cure for Fibromyalgia symptom relief. Many patients with FIBROMYALGIA practice YOGA for mental, physical and spiritual balance; energizing the body and relaxing the mind. Prescription drugs and other forms of therapy are sometimes not enough, therefore it is important for fibromyalgia sufferers to take part in their own recovery and try alternative therapies and self care practices.

Practicing Yoga can be a natural cure for fibromyalgia symptom relief, along with breathing exercises and meditation, to balance the overall health of an individual.

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What is Yoga?

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What are the Origins of Yoga?

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Yoga for Fibromyalgia Sufferers

What is Yoga?

Yoga is a physical and mental practice that involves the body, mind and spirit. The practice, originating in India, is designed to enhance awareness, create a mind-body-spirit balance, and (as often practiced today in the US) to improve fitness. Hatha Yoga is the most common form practiced in the United States, which includes specific movements or postures (asanas), deep breathing (pranayama), and sometimes meditation (dhyana).

Gentle, mindful, controlled movements can provide a non-impact or low-impact yoga for fibromyalgia sufferers in almost any physical condition. Specific exercises, or asanas, ease and stretch tense muscles; improve flexibility; and enhance strength, balance and endurance.

What are the Origins of Yoga?

There is no set date when this great ancient art-science began, but it goes back thousands of years. Stone carvings in the Indus Valley depicting yoga postures date back over 5,000 years. Traditionally, yoga was a spiritual practice, its goal being union with the Absolute or Divine. The various exercises associated with Hatha Yoga were performed to prepare the body for long periods of meditation. The word "yoga" means to join or unite together, and the practice joins together the body, mind and spirit. The practice is often associated with Hinduism, but pre-dates the religion. As

have other religions, Hinduism has incorporated elements of this art into its practices.

Yoga is now practiced around the world and is helpful as a NATURAL CURE for FIBROMYALGIA because of its psychological, physical and spiritual benefits. According to results of a study sponsored by the Yoga Journal, released in June 2003, 15 million Americans, or over 7% of US adults, practiced some form of this exercise form.

Yoga for Fibromyalgia Sufferers

The gentle exercise form can be practiced by almost anyone. The beauty of this exercise form is that it is not necessary to be able to do all the postures; the fibromyalgia sufferer can work within their own limitations, and tailor the practice to their specific needs. It is best for the patient with fibromyalgia to take Yoga classes privately or with a group. There are several books and videos on yoga, but fibromyalgia patients should supplement their practice with what is learned in a class. Yoga classes can provide a better understanding of the practice, especially the use of particular yoga postures for fibromyalgia symptoms.

Before the first yoga class, the fibromyalgia patient may want to observe a yoga session. Does the teacher and the pace of the class feel right? There are many classes and teachers from which to choose, it is important to find a teacher that feels right for you. Make sure the instructor has had experience teaching Fibromyalgia patients Yoga.

In the next section we will discuss the Benefits of Yoga for Fibromyalgia.