

JIM C – HEALTH TERMS

MONDAY - 09/06/2009

Yoga is considered a mind-body intervention to reduce stress.

HOW DID THE TERM “YOGA” ORIGINATE?

***Definition:* A system or set of breathing exercises and postures derived from or based on Hindu yoga. Principles of modern yoga:**

- **Proper relaxation**
- **Proper exercise**
- **Proper breathing**
- **Proper diet**
- **Positive thinking and meditation**

***Online Etymology:* 1820, from Hindi yoga, from Sanskrit *yoga-s*, literally "union, yoking" (with the Supreme Spirit), from Proto-Indo-European base **yeug-* "to join".**

- **3000 BC - Earliest archaeological evidence of Yoga's existence could be found in stone seals which depict figures of Yoga Poses. Evidence of yoga is found in the oldest-existing text, Rig-Veda.**
- **6 BC - The poses and meditation became a critical element of yoga, when they were implemented by Buddhist teachings.**
- **Late 19th Century - Swami Vivekananda, the founder of the Vedanta Society, introduced yoga to American society as a method that could help those who bound by the materialism of capitalist societies to achieve spiritual well-being.**

Conventional Wisdom: Yoga = Harmony, Health, and Balance

M of Z: Relax, switch off, and stretch → sense of well-being