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RESEARCH ARTICLE

SACRED EXERCISES FOR FEMALE HUMAN

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ABSTRACT

The purpose of this Sky Yoga is to identify the benefits of physical activity and exercise for both Physical and Mental health for women. Sky yoga is supposed to reduce the risk of several chronic diseases (e.g. cardiovascular disease, diabetes, cancer, hypertension, obesity, depression and osteoporosis) and premature death. Reviewed literature explored that youth who participate in physical activity and yoga are more likely to report good general health and more likely to have no feasible serious mental illness. The findings of this Sky yoga revealed that regular physical activity and yoga leads to improve health wellbeing.

INTRODUCTION

SKY YOGA- Positive way of life. Yoga is the way of life which is originated in India, Yoga derived from Sanskrit root "Yuj" Which means "Join" or "Unite". Union of Body, Mind and Soul. Yoga is used in literature both end as well as means. As end yoga signifies integration of personality at the highest level and Means yoga includes various practices and techniques which are employed to achieve the development of such integration. Yoga has crossed boundaries of religions, caste, creed and nationality. Promotion of health, prevention of illness and it's the vital role in various life style related disorders in an effective manner. Yoga found in medieval modern and contemporary literature. Physical Exercise (Body postures) special patterns of postures that stabilise the body and mind through static stretching. Develops the inner skills, level of confidence besides other benefits.

OBJECTIVE OF YOGIC PRACTICES

- Develop an understanding of Yogic practice and use this understanding in your life and lifestyle.
- Develop healthy habits and lifestyle.

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- Developing Human Values.
- Develop Physical, Emotional and Mental health through yogic practice

Importance of Sky Yoga

Two important benefits of sky

Physical body

Mind Physical Body: Physical body is made up of jillions of cells, each cell is laboratory by itself, and the health of the body is directly proposnal to the effectiveness of the health of each of the cell in its functions, the functions of the cell are digestion, absorption of the nutrition of the cell and elimination of waste, but every cell in our body digests, absorbs the nutrition and eliminate waste, we know our entire body is going to be healthy. Now it is not possible for the body to remain completely healthy in each and every cell simply, because we have not learnt a system by which this entire body cell system can be maintained in regularity. We are misusing our body terribly because of whatever influences that we have had that we are having from the media to society to the modern way of living and Western way of living and so on. But with simplified Kundalini system there is a very clear awareness that develops, that the body is a carrier of this life force. Naturally the progression to better quality of the life begins with better health.

PHYSICAL	MENTAL
Physical Fitness	Stress free life
Prevention from disease	Improvement in concentration
Beauty	Improves memory
Muscle Development	Person becomes more tolerable
Development of heart and lungs	
Flexibility	

The Physical health also directly relates to the amount of bio magnetic energy that the body has, the cells are able to do its function. By doing Simplified Kundalini Yoga we will be able to directly start having higher Bio magnetic force in the body which then increases the health of each of our cells and its functioning.

The Mind: The Mind is an extension or a physical transformation of the soul on the life force. The mind has to have higher quantum of bio magnetic force only then the body is feeling healthy and the mind functions better. The mind functions based on the brain functions brain consumes energy 75% bio magnetic energy goes to the physical body and 25% of the Bio magnetic energy goes for the brain, so higher bio magnetic energy means higher mind functions, better clarity of functioning and better quality of functioning of the mind.

- Types of sky yoga exercise
- Hand exercise
- Leg exercise
- Neuro muscular exercise
- Eye exercise
- Kapalapathy
- Makarasana
- Massage
- Acupressure
- Relaxation
- Physical benefits for female human
- Keeps the joints healthy
- Improves hand endurance
- Improves dexterity
- Helps in joint related diseases like arthritis, osteoarthritis, etc.
- Beneficial for the nervous system in the body
- Leg exercises can boost metabolism.
- Improves functional strength.
- Improves blood circulation.
- Decreases brain fog.
- Improves vision.
- Lowers the risk of developing eye diseases.
- No dry eyes.
- Reduces strain on the eyes.
- Boosts peripheral vision.
- Regulates the breathing mechanism.
- Oxygenates the blood.
- Offers deep relaxation for our shoulders and spine.
- Cures Asthma, Knee pain, and any lung related issues.
- Cures slip disc, Spondylitis, and sciatica.
- Stretches the hip muscles.
- Keeps backache at bay.
- Releases all the tight knots in our body and makes it flexible.

- Helps Lower blood pressure.
- Promotes muscle relaxation.
- Helps to improve circulation and Posture
- Helps to strengthen the body's immune system.

Mental Benefits For Female Human

- Neurological health depends on the signals sent to brain.
- Decreases stress.
- Decreases social anxiety.
- Improves processing of emotional.
- Prevention of neurological conditions.
- Increases energy, focus and attention.
- Improves memory.
- Hindrance to the aging process.
- Improves concentration.
- Purifies the nerves as well as pranic channels.
- Clears the mind and helps in controlling the thoughts.
- Leads to increase concentration, focus, and peace of mind.
- Treats hypertension, Heart diseases, and Mental disorders.

Conclusion

SKY Yoga is the result of the human wisdom and insight on Physiology, Psychology, Ethics and Spirituality collected together and practiced over of years for the well-being of humanity. The Yogic way of management of stress is totally holistic. The Sky yoga has once again proved its uniqueness in reducing the stress. It is observed that there is a significant effect of Sky yoga in reducing the stress in female human and even in all the different areas of life viz the following factors:

- Occupational Area
- Familial Area
- Personal Area
- Economical Area
- Area of External factors
- Area of Physical factors.

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