

Lifetime Fitness Study Guide

Yoga and Pilates

History of Yoga

Evidence has been found that Yoga dates back to 4000 BC. There are carvings depicting Yoga postures in caves in what is now Afghanistan. The language of Yoga is Sanskrit. The postures or asanas have Sanskrit names that have been translated into English. The history of Yoga goes through different stages from the Vedas, to Pre-Classical Yoga, Classical Yoga, Post-Classical Yoga, on to Yoga practice in recent decades. These are still in practice today all around the world.

Modern Yoga arrived in the United States in the late 1,800's. Yoga gained popularity in the 1960's and has been growing strong since. Today Yoga can be practiced traditionally and in a health club atmosphere. It is up to the individual in how he or she wants to practice Yoga.

The Yoga we practice is Hatha. There are four different types of Hatha Yoga: Ashtanga (Power), Bikram (Hot), Iyengar (Props), and Kundalini (Fast). The purpose of Hatha Yoga is to connect the mind and body, to balance the spinal column. The spine is looked at as the staff of life. A healthy spinal column should keep the rest of the body functioning well. Everything stems from the spinal cord. Its health is crucial. When practicing Yoga consider these things: Show up, mentally and physically, and be open to the outcome. Respect yourself and those around you during Yoga practice.

Yoga Vocabulary

Asana - exercise posture or pose

Pranayama - breath control

HA - sun, solar, heat

Ashtanga - power Yoga

Kundalini - fast Yoga

Namaste - the spirit in me salutes and respects the spirit in you.

Savasana - Relaxation

THA - moon, lunar, cool

Bikram - hot Yoga

Iyengar - Yoga with props

Exercises and Poses

Warm-up - Warm-up hips, spine, neck and shoulders, Sun Salutation 6 to 12 times through

Power Poses - Chair, Warrior sequence, Plank, Flying Cobra, Side Plank, etc.

Balancing Poses - Tree, Dancer, Shooting, Star, Leg Extension, Crane, etc.

Floor Poses - Down Dog, Cobra, Up Dog, Bird, Bow, Boat, Fish, Runner's Stretch, Child's, Rabbit, etc.

Lying Poses - Leg Extension, Spinal Twist, Dead Bug, Starfish, Right side and Relaxation.

History of Pilates

Pilates was created in the early 1900's by Joseph Pilates (1880 - 1967). Pilates combines the Eastern philosophies of exercise with Western methods of exercise. It is the "Art of Contrology." Concentration and focus on the muscles being exercised is crucial for effectiveness.

Pilates works the "Powerhouse" which consists of the stomach, hips, lower back and gluteus muscles. There are three important steps in Pilates: 1. Tuck your chin. 2. Scoop your belly. 3. Breathe. The breath is an inhalation through the nose and a force exhalation while contracting the abdominal muscles. The goal in Pilates is to lengthen and strengthen the muscles. There are different types of Pilates. We practice mat or floor Pilates.

Pilates Exercises

The Hundred

Single Leg Stretch

Double Straight Leg

Single Leg Kicks

The Roll-Up

Double Leg Stretch

The Saw

Side Kicks

Single Leg Circles

Spine Stretch Forward

The Roll-Over

Teaser

Rolling Like A Ball

Single Straight Leg

Swimming

The Seal

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Lingsheng Yao

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1. Understanding the eBook Lifetimefitness Study Guide
 - The Rise of Digital Reading Lifetimefitness Study Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Lifetimefitness Study Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Lifetimefitness Study Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Lifetimefitness Study Guide
 - Personalized Recommendations
 - Lifetimefitness Study Guide User Reviews and Ratings
 - Lifetimefitness Study Guide and Bestseller Lists
5. Accessing Lifetimefitness Study Guide Free and Paid eBooks

- Lifetimefitness Study Guide Public Domain eBooks
- Lifetimefitness Study Guide eBook Subscription Services
- Lifetimefitness Study Guide Budget-Friendly Options
- 6. Navigating Lifetimefitness Study Guide eBook Formats
 - ePub, PDF, MOBI, and More
 - Lifetimefitness Study Guide Compatibility with Devices
 - Lifetimefitness Study Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Lifetimefitness Study Guide
 - Highlighting and Note-Taking Lifetimefitness Study Guide
 - Interactive Elements Lifetimefitness Study Guide
- 8. Staying Engaged with Lifetimefitness Study Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Lifetimefitness Study Guide
- 9. Balancing eBooks and Physical Books Lifetimefitness Study Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Lifetimefitness Study Guide
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Lifetimefitness Study Guide
 - Setting Reading Goals Lifetimefitness Study Guide
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Lifetimefitness Study Guide
 - Fact-Checking eBook Content of Lifetimefitness Study Guide
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development

- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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