HOW DID ANYONE PLACE YOGA UNDER THE FITNESS UMBRELLA?

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Yoga is a way of life, the art and science of understanding one’s own self. It is one of the oldest self-help, responsible methods by which one can unravel the hidden potentialities of one’s own self and manifest them in totality. It is a philosophy of life, enabling a psychological understanding of difficulties in human existence. It thus strengthens the effort one can make towards living to the best of one’s abilities.

How then did anyone decide to make it come under the fitness umbrella?

This happens only when we think of the physical aspects of yoga that are demonstrated on TV and on stage to lure an audience. This creates the impression of Yoga being all about a flexibility cult. If yoga was all about the body strength and flexibility, then the circus gymnasts and acrobats would have been the highest masters! Yoga is all about internal control and not about the external manipulations at all.

Yes, yoga does make one more flexible, but that is not just in the body, it is in the mind and the emotions too. It enables one to be more flexible in life and in social interactions thus producing harmony. It enables us to become flexible in spirit to the extent that we start to see ourselves in others and others in us. We start to understand the intern connectivity of all life. We begin to feel a oneness with nature and with the universe in which we live. Does the fitness industry do this, or do they even claim to do so?

Does the fitness industry change anyone’s attitude towards life, do they make any change in the way one lives in society and understands other human beings?

When we understand that all life is yoga and that yoga is 24/7, then how can we limit it to fall under the fitness umbrella?

Yoga does make us fit, but not in the way the fitness industry wants.

All that one really needs for yoga is positive intent of self-effort. It only asks us to take on responsibility for our own life. Nothing more, nothing less.

No fancy equipment, no ropes, no extra showers or hot pants.

Stop putting it under the fitness industry for Yoga’s sake!

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