Session 7: 16th June 2020

Fascinating & Attractiveness of YOGA: Make both your mind and body flexible by Mr. Kazuaki Ohashi, Representative Director, The Yoga Organization of Japan

- In the beginning, the various effects of Yoga on sports were explained like on body flexibility, breathing, balance and composure, and physical building. Thereafter, several examples were provided from different sports (Sumo, Rugby, football etc.) to explain how Yoga had benefitted sportsman in different ways.
- This was followed by the effects of yoga on human body in terms of stress, breathing etc. Specific impacts on various organs like lungs, intestines, nose, and brain were explained.
- Several biological process like Homeostasis were also discussed to explain the precise connections of yoga with human body, and its role in making the mind and body flexible.
- There was also a short discussion on Bacteria therapy (focused on Lactobacillus Reuteri), wherein it was pointed that human body comprises of 500 trillion bacteria, and each bacteria plays a unique role for the body to function healthy and in a stable manner.
- In the last 30 minutes of the session, Ms. Akiko Kato (Part-time Yoga Lecturer) conducted a yoga session again and demonstrated some basic poses like Triangle, Warrior II, Crescent lunge, Forward fold, Tree, Chair, Bound Angle, Seated Twist, Cow Face etc.