

Artistic yoga for life

The word yoga emerged from “Yog”. One can say it is the westernization of this art which has existed since time immemorial. We all know that lord Shiva was the founder of Yog and Patanjali had been its scribe. It is an art that mystics have practiced for hundreds of years. These mystics knew, for example, that if one bent the chin at a certain angle it would cause a specific internal change inside the body. With the process of trial and error, masters found out many things that an ordinary man never bothered about.

A ritual which relaxes and a path to enlightenment, yoga has on it's roll call the likes of Madonna, Julia Roberts, Meg Ryan, Ricky Martin, Gwyneth Paltrow, Christy Turlington and Sting to name a few.

Strength, balance, cardiovascular conditioning, peace of mind is what yoga has offered to India over the centuries. The turn of the millennium sees the West asking for its share of nirvana. Yoga is about *Uniting* - becoming one with the universal consciousness.

In the present scenario, this art has emerged and has taken a different form. Here is an interview with Ruhi, an instructor at Bharat Thakur's Artistic Yoga.

ODE: What is the difference between traditional yoga and artistic yoga?

Ruhi: Traditional yoga is about flexibility, but artistic yoga covers five aspects, cardiovascular, agility, strength (endurance), motor skills (i.e. mind body coordination) and flexibility.

ODE: Does one need a guide to practice yoga?

Ruhi: A layman should know that when he practices yoga, he is starting a process of transformation - of the body and the mind. Practicing yoga casually, or as a form of exercise without understanding it fully can be dangerous. This is why Yoga must be practiced in the presence of a master.

ODE: What are the programs that you offer?

Ruhi: In general, in his corporate workshops, Bharat focuses on a single-point program – Enhancing interpersonal relationships and creating clean, energizing work ethos. However, Bharat Thakur has several modules that can be suited to a variety of situations and needs. A few are

- Improving health and physical fitness
- Stress reduction and management
- Developing focus and concentration
- Building confidence and motivation
- Enhancing creativity
- Decision-making

- Team building and interpersonal relationships
- Employee welfare and entertainment
- Conferences and seminars
- Talks

ODE: How can the youth benefit from this?

Ruhi: Yoga helps in anger management and it is essential to today's youth who are subject to a lot of stress levels. It is also highly beneficial to people who suffer from fatigue, healthy back, joint pains, diabetes, migraine and others. Moreover, it assures a good sex life and efficient weight loss.

As spoken during a personal session with Bharat in Mumbai.

Boris Becker - Tennis Player

"I do Artistic Yoga for one hour and the weight I have lost is amazing".

Kareena Kapoor - Actress

"Weight training with Bharat's yoga stretches is a great combination to make the body lean and flexible."

Salman Khan - Film Actor

"I have never felt more energized or fit as I do with Artistic Yoga".

Lara Dutta - Former Miss Universe / Actress

"Artistic Yoga helped me to keep my concentration and focus intact." (as spoken during a personal session with Bharat in Mumbai).

Shane Warne - Cricket Player

"Other than toning the body, Artistic Yoga has given me mental sanctity which I have never experienced with any other workout".

Sridevi - Actress

"I never thought yoga could make a person lose inches. But Bharat's yoga can, and it made me lose a lot of inches."

Katrina Kaif - Model & Actress

"Artistic Yoga has helped me stay fit and look fresh even with the hectic schedule".

Rimi Sen - Actress

"Bharat's yoga is energizing and wholesome. It's a complete workout and you don't have to do anything else. I wish I had met Bharat before."

- as shared with *Surya Adavi*