



# TRAVEL TIPS

## Om: Using Yoga To Beat Travel-Related Stress

(NAPSA)—Rushing through airport security, transferring from plane to plane and changing time zones can take its toll on even the most traveled of wayfarers. The Indian practice of yoga, which has exploded in popularity around the world, offers benefits that can help counteract the stresses put on the body by travel—and by life in general.

Anurag Sharma, yoga expert at the JW Marriott Hotel Mumbai, explains that the most common misconception about the practice is that it is considered exercise. The word “yoga” denotes a lifestyle and many elements can be incorporated into busy lives.

In India, yoga is part of the day-to-day life for all levels of society. It provides benefits such as improved exercise tolerance, muscular strength and resilience, increased flexibility, strong bones and joints, improved circulation and respiration, increased concentration and an improved nervous system.

Made up of eight limbs called Ashtanga, yoga provides eight rules to living a meaningful, productive life. They are: Yama, one’s ethical standards; Niyama, self discipline and spiritual observance, which can include attending a religious service, meditation or a walk in the woods; Asanas, the postures practiced in yoga which help improve concentration and discipline; Pranayama, generally translated as breath control; Pratyahara, the ability to withdraw from a situation and look inward at oneself; Dharana, the art of concentration or focusing on one thing; Dhyana or meditation, which is different from concentration because it involves not thinking about anything or quieting the mind; Samadhi, joy and fulfillment. The continuous practice of Ashtanga brings relaxation to the mind, body and spirit as a whole.

Sharma suggests two easy



**Yoga can help relieve jet lag and other travel-related stress.**

exercises that can help with relaxation and jet lag:

1. Sit on a chair or bed with both feet flat on the floor. Sitting straight up with hands flat next to thighs, take five deep breaths. Lift right arm straight up and grab the right wrist with the left hand. Bend to the right and take three deep breaths. Inhale on the way back up. Repeat on the left side.

2. Sitting on the floor or bed, bend knees so the ankles are lined up in the center of the body and thighs and knees are flat on the ground. Sit up straight with hands in a prayer position and elbows pointing down and to the side of the body. Thumbs should be together and pressed into the center of the chest. Eyes should be peering over the fingertips. Take five deep breaths. As hands are brought to the center it represents unification of the right and left sides of the brain. This exercise is called anjali mudra.

Yoga can be practiced by individuals or in a group and many hotels offer classes or can help guests find a local yoga studio. The JW Marriott Hotel Mumbai provides customized yoga sessions and individual yoga consultation.