

Yoga at the Parkschlösschen as a Complementary System

More and more people in the current day and age express a yearning for a healthy and stress-free life and for relief from daily pressures and attendant complaints such as gastrointestinal distress, overweight, high blood pressure, diabetes and psychosomatic problems. Yoga offers an active plan of action to achieve these goals. More than 3 million people in Germany practice Yoga and this number is steadily increasing.

A Definition of Yoga

Yoga is a classical system of exercise that was developed in India over the course of thousands of years. The first mention of Yoga is found in 700 B.C. in the Upanishads, a collection of philosophical Hindu writings that comprise part of the Vedas. The word *Yoga* "yoke" means "to connect". By switching consciousness to an "on" state and coordinating breathing and motion, the body, spirit and soul are connected to each other, leading to a sense of unity and wholeness.

One of the oldest and best known types of Yoga is Hatha Yoga. In Hatha Yoga all of the Yoga exercises include the *asanas* (Yoga positions to influence the sensory, motoric and central nervous system), *pranayama* (breathing exercises to influence the awareness of the psyche) and *deep relaxation*.

Yoga is holistic. Yoga works not only externally, but affects all systems of the body and its internal organs, influencing the spirit and emotions in a positive manner. Yoga exercises help to make the body more resilient, stronger and more flexible. Health and vitality are the reward, as Yoga helps to provide more physical and mental stability, balance and self-confidence.

Yoga and Ayurveda are Complementary Systems

Yoga und Ayurveda are holistic health systems that view the human being as a unity of body, spirit, soul, behavior and environment. They view all aspects of living with the objective to attain a balanced and happy life. Together they serve to maintain health and to eliminate disease.

Yoga is a complementary system to Ayurveda, providing support for all Ayurvedic treatments and therapies.

Yoga at the Parkschlösschen

The Panchakarma cure is the focal point of Ayurveda treatments at the Parkschlösschen. All Yoga exercises are thus coordinated with Ayurveda cleansing. For that reason, the body is exerted to only 50% of its maximum, so that the organism is not unduly stressed during the cleansing process. Yoga increases the positive effect of Ayurveda treatments, while the psychological balance that Yoga brings is also very useful in the context of follow-up treatments.

Through its protective environment and elegant and comfortable surroundings, the Parkschlösschen provides optimal conditions for deep relaxation and permits Yoga exercises to reach their optimum impact. The success of cures at the Parkschlösschen is further promoted by its Ayurveda physicians and therapists as well as by the healthy and savoury gourmet kitchen.

Guests can be treated individually and specially within the scope of the Parkschlösschen treatment programmes.

The daily Yoga exercises in the beginning course are easy to do, beneficial and pleasant. These exercises promote flexibility and have a regenerative and revitalizing effect. They strengthen and relax, while at the same time exerting a nurturing influence.

In the advanced course the exercises are more demanding and more dynamic in terms of breathing, posture and tempo.

In addition, the exercises all exert a positive influence on the back, shoulders and neck and are easy on the joints.

The Parkschlösschen also offers special Yoga for the back while individual Yoga can be arranged for other special needs.

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