

From the Director

Yoga: Is it really safe for your body?

Part 1

In recent years the practice of yoga has exponentially increased in popularity with claims of increased heart health, improved strength and flexibility, but do these claims really hold true when compared with scientifically prescribed therapeutic exercise? To answer this question, we must go back to the roots of yoga poses and compare them the science of corrective exercise therapy.

Yoga finds its origins in the Hindu religion and is considered one of the six branches of classical Hindu philosophy. While yoga traditionally consists of a combination of breathing techniques, meditation and physical poses the ultimate goal of yoga is the union of one's soul with the primary Hindu god named Purusha. As early as 5,000 years ago yoga poses, many of which are

named after false Hindu gods, were created for the purpose of practicing Hindu spirituality which includes the worship of the many false Hindu gods. It is important to note that the many yoga poses were not strategically designed for purposes of stretching or strengthening the body, but as a form or worship in the Hindu religion.

The science of Corrective Exercise Therapy, a similar science to physical therapy, can be defined as a scientific approach to using specific therapeutic stretching and strengthen exercises to treat muscular imbalances, postural ailments and irregular muscular movement patterns caused by past injuries. Corrective Exercise Therapy utilizes stretches and exercises that were specifically designed for the purpose of targeting specific muscle groups for the purposes of bringing balance and healing to dysfunctional physical conditions. This is in stark contrast to yoga poses, which were not designed for the purpose of providing a therapeutic effect to the body.

The foundation of Corrective Exercise Therapy is an analysis of each individual's posture and movement patterns to diagnose postural issues, muscle group imbalances or other dysfunctional muscular movement patterns. This is usually performed by a degreed professional in the field of exercise science, athletic training or physical therapy. It is said that postural irregularities and muscle imbalances are very common in the general population due to an overall lack of physical activity and spending a lot of time in a sedentary seated position. The most common muscle imbalances reported due to spending too much time in a seated position are tight chest muscles and weakened upper and lower back muscles causing the spine to form a forward curve. This also leads to weak hip flexor muscles and tight rear hip muscles leading to ailments such as sciatica.

by JD Maes. JD is the chairman of the Board of Directors of the Catholic Charismatic Center and has worked in the health and wellness field for 20 years.



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*Come Holy Spirit,
fill the hearts of
Thy faithful and
enkindle in them
the fire of Thy love.
Send forth Thy Spirit
and they shall be
created and Thou
shall renew the face
of the earth.
AMEN*

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Praise

Rally

with guest speaker
**Father John
Trambley**



Friday, July 12th

 7pm

Praise & Worship Fellowship