

yoga faq:

is yog abhyas a type of exercise?

Yogabhyas is not exercise in the sense in which the word exercise is commonly understood. Both Yogic practices and exercise have a common objective namely health protection and promotion. However the effect of yogabhyas is not limited to this only. Yogabhyas leads to a balanced personality. There is a vast difference between the performance of exercise and yogic practices like asanas, pranayamas etc. Then which is superior? The answer is that every science is right in its own field. Those who want to be wrestler cannot achieve this goal through yogabhyas alone for such person exercises such as dands, baithaks, wrestling etc are more desirable. On the other hand all round progress, efficient neuromuscular coordination, balanced personality, total health flexibility, relaxation etc. is achieved better through yogabhyas than exercises. Since there are differences in their objective and methods, it is not proper to assign superiority or inferiority to one over the other