

AEROBICS, YOGA & KUNGFU CLASSES.

Regular physical activity over a lifetime may overcome the effects of inherited risks such as coronary heart diseases, cardiovascular diseases, stroke, high blood pressure (hypertension), peripheral vascular diseases, some forms of cancer, osteoporosis and others. There are, however other benefits to be gained from participating regularly in physical activity, including improved social and psychological health. Furthermore, evidence supports the claim that “one positive lifestyle change (e.g. Attending fitness club) often leads to another (e.g. eating a balanced diet).



We breathe in and out over 21,600 times a day. In normal or controlled habitual breathing most people do not breathe efficiently, and a results, use only a fraction of their lung capacity. When people are stressed or anxious they breathe from their chests, taking rapid shallow breaths or worse they hold their breaths. Without sufficient oxygen, we become fatigued and lethargic.

Aerobics, Yoga & Kungfu

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Yoga induces a “relaxation response” associated with reduced nervous system activity and a feeling of well being probably due to an increase in antioxidants and lower levels of stress hormone cortisol, they suggest.

Yoga not only helps in prevention of lifestyle diseases, but can also be “a powerful adjunct therapy when disease arise,”

Yoga positions are practiced to gain steady posture, health and lightness in the body.



All yoga positions are intended to directly or indirectly quiet the mind.

Students should also be encouraged to take part in relaxing activities and sports. These activities are a useful resource for combating the adverse effects of stress and may also have a beneficial effect on learning and concentration.

Taking care of oneself has been proven to be effective in increasing the psychological well being of the individual.

*If the foundations of a building are not correctly laid, the superstructure will fall down. So too , if a student of Yoga has not gained a certain degree of mastery over the yoga positions he / she can not successfully proceed to the advanced disciplines.

Kung-fu

Kung-fu is the way to train the spirit to control the mind, strengthen the body and cure diseased. Let your kid learn it because it has many advantages such as improving and balancing the nervous system, breathing system, circulatory system.

It Also strengthens the mental faculties. Taken a step further Kung fu becomes a tool for self defense.



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