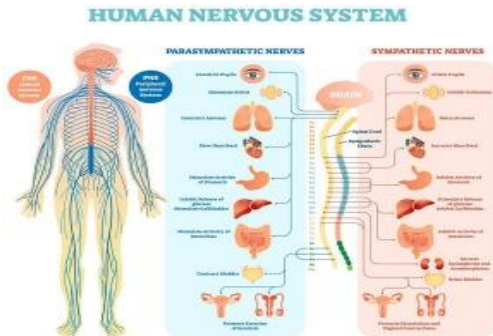


## Vacation and Yoga

As soon as the word "**vacation**" is heard, the mind wanders in all sorts of imaginations, comforts, destinations and so on. It is so refreshing having a deeper cooling effect on our mind. Does it have any relevance with Yoga?



Taking the reference from **Mandukya Upanishad**, Svyasa has designed a moving meditation called **Cyclic meditation**, wherein **samatvam** (balance) is attained by **action** and **relaxation**. With this practice, the balance of sympathetic (activator) and Parasympathetic (Restorator) nervous system is gained which in turn helps the normal functioning of vital organs, body metabolism, hormones etc.

So for a person in his daily routine or throughout his life.. Both **Action** (karma) and **Relaxation** (Akarma) is very essential. As **proverb** says" All work and no play makes Jack a dull boy" , every person need to do his duties be a student, mother, teacher or a doctor and then need to relax his body and mind so that when he comes back , he is full of zeal and more clarity.



Thus **Yoga** is not just meditation or asana but a complete way of doing our actions skillfully and at the end relaxing fully like a Corpse (Shavasana). Hence in this Vacation, let's all dwell in **nature** to relax our mind and body to the core to relieve all the stress.



### Precautions:

**Don't rely on smoking, drinking, drugs etc. for relaxation. Instead dive into the lap of Mother Nature like swimming, trekking, Cycling, dancing, soothing music. So what's your vacation plan?**

By

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