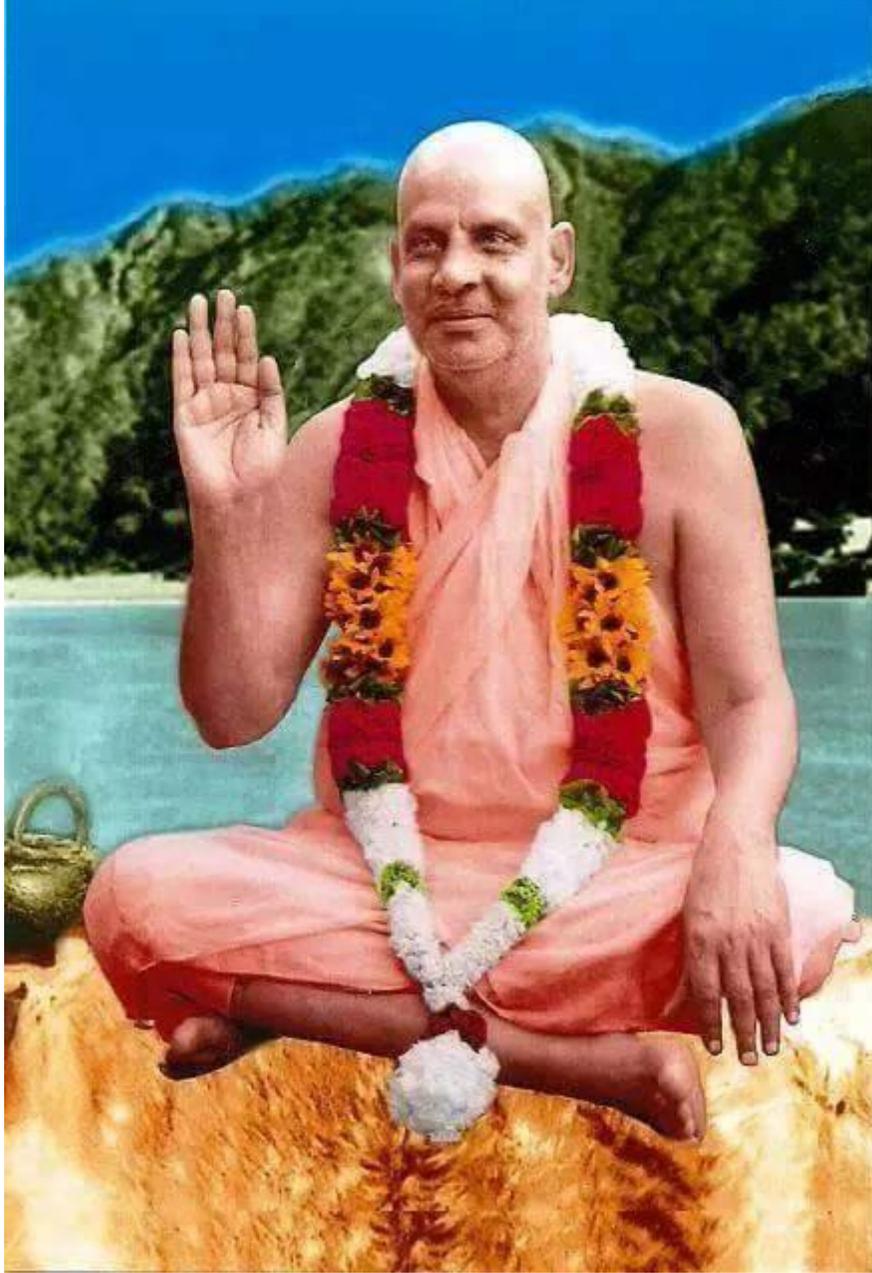


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SIVANANDA YOGA KENDRA-CHENNAI

www.sivanandasevas.org



(Serve, Love, Give, Purify, Meditate, Realize-Swami Sivananda -1887-1963)

MUST READ

Did You Know....?

1. Your shoes are the first thing people subconsciously notice about you. Wear nice shoes.

2. If you sit for more than 11 hours a day, there's a 50% chance you'll die within the next 3 years

3. There are at least 6 people in the world who look exactly like you. There's a 9% chance that you'll meet one of them in your lifetime.

4. Sleeping without a pillow reduces back pain and keeps your spine stronger.

5. A person's height is determined by their father, and their weight is determined by their mother.

6. If a part of your body "falls asleep", you can almost always "wake it up" by shaking your head.

7. There are three things the human brain cannot resist noticing - Food, attractive people and danger.

8. Right-handed people tend to chew food on their right side

9. Putting dry tea bags in gym bags or smelly shoes will absorb the

unpleasant odour.

10. According to Albert Einstein, if honey bees were to disappear from earth, humans would be dead within 4 years.

11. There are so many kind of apples, that if you ate a new one everyday, it would take over 20 years to try them all.

12. You can survive without eating for weeks, but you will only live 11 days without sleeping.

13. People who laugh a lot are healthier than those who don't.

14. Laziness and inactivity kills just as many people as smoking.

15. A human brain has a capacity to store 5 times as much information as Wikipedia

16. Our brain uses same amount power as 10-watt light bulb!!

17. Our body gives enough heat in 30 mins to boil 1.5 litres of water!!

18. Stomach acid (conc. HCl) is strong enough to dissolve razor blades!!

19. Take a 10-30 minute walk every day. & while you walk, SMILE. It is the ultimate antidepressant.

BENEFITS OF SINGING

Physical Benefits

Strengthens the immune system.

Researchers at the University of Frankfurt tested singers' blood before and after a one hour rehearsal.

The amount of protein antibodies in the immune system such as Immunoglobulin A, were significantly higher immediately after the rehearsal.

These increases were not present in passive listeners.

Lung and Diaphragm workout

your lungs get a workout as you employ proper singing techniques and vocal projections. You strengthen your diaphragm and stimulate overall circulation. Since you pull in a greater amount of oxygen while singing, singing also increases your aerobic capacity and stamina.

Improves posture

Standing up straight is part of correct singing technique.

With time, good posture becomes a habit!

As your chest cavity expands and your shoulders and back align, overall posture improves.

Improves sleep

Singing helps strengthen throat and palate muscles.

Helps stop snoring and sleep apnea.

Psychological & Emotional Benefits

Singing is a natural anti-depressant

Releases endorphins and dopamine, the feel-good brain chemical that makes you feel uplifted and happy.

Singing causes the sacculus -- a tiny organ in the inner ear, to send pleasure signals to your brain.

Takes your mind off the day's troubles and boosts your mood.

Lowers stress levels

Making music relaxes stored muscle tension and decreases the levels of the _Cortisol_ stress hormone in your blood.

Improves mental alertness

Improved blood circulation and an oxygenated blood stream allow more oxygen to reach the brain. This improves mental alertness, concentration, and memory. Prevents dementia and Alzheimer's.

Social Benefits

Singing a duet in a live stage performance, affords a natural level of closeness.

Forming profound bonds with your cosigner's and musicians is automatic.

Boosts your confidence

Performing well and receiving well-deserved applause boosts your self-confidence.

Broadens communication skills

Singing to the very young, helps prepare their brains for language.

Like learning to read at a young age, music prevents language problems later in life.

Singing increases your ability to appreciate other singers

Often, you don't realize how difficult something is until you try it yourself.

As you grow from a beginner to a serious student, you look to experts for inspiration.

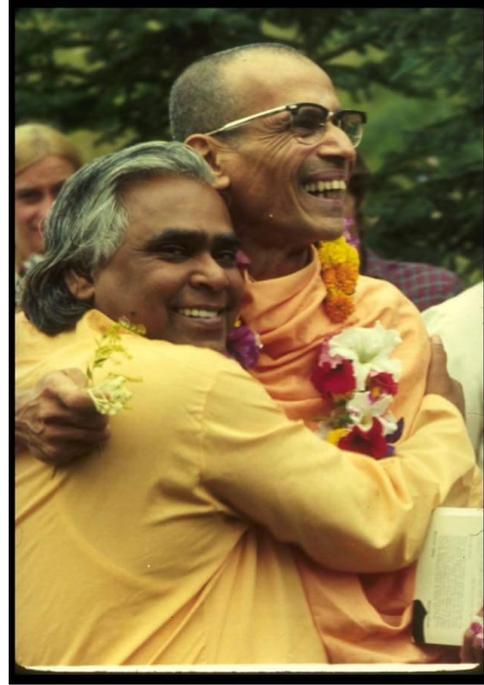
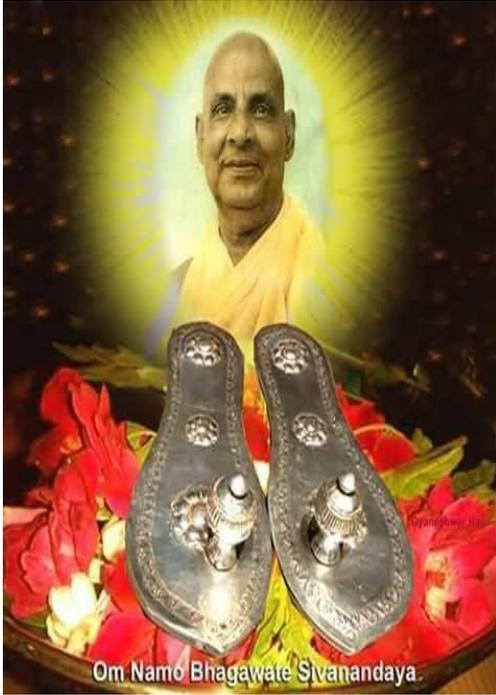
The delights of singing go beyond merely enjoying the beauty of your own vocal talent.

THE END

<i>LEARN YOGA FROM THE GURU OR YOGA TEACHERS....</i>
<i>DO NOT LEARN YOGA THROUGH BOOKS OR GADGETS....</i>
<i>PRACTICE YOGA DAILY.....THIA LEADS TO YOU GOOD HEALTH AND PEACE OF MIND.</i>

Hence,Be Happy.Makes others Happy.....

*Yoga Shows the Way....Practice Yoga Daily and follow the foot steps of
Gurudev.*



Don't worry and be happy. Make others happy.

For further details, please contact *SIVANANDA YOGA KENDRA,*

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