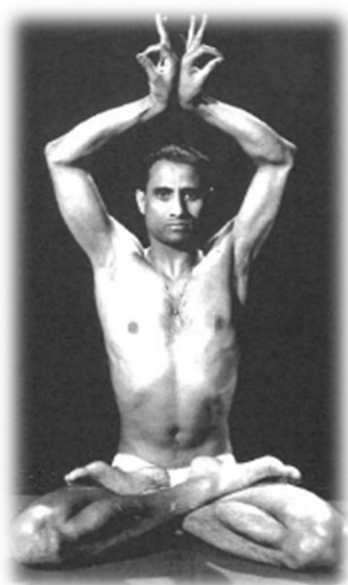


Rethinking advanced Yoga practices with FIK : let's go !



Usually transmitted orally, Védas where retranscribed to the paper too. Again today they are the basis of the Yoga and its philosophy of life.

In the west, the Yoga practice became a symbol of serenity and well-being. In France there would more than 3 million followers. According to a study led in 2017 by the University of Pennsylvania, only 20 minutes of Hatha Yoga would make cognitive functions better as well as the memory and the concentration. Furthermore, a pilot study led in 2009 by doctor Loren Fishman (*Manhattan Physical Medicine and Rehabilitation*) showed that to practise the Yoga could improve the bones strength and increase their osseous density.

More than just an physical activity , in the indian tradition, Yoga represent a real path of life. For Indians, it is a philosophy centered on various principles: behavior towards others and towards oneself, the personal hygiene, the physical exercises and the control of the breath, the meditation, etc. These various components having for finality to reach some harmony with the body and the mental. And all these are linkedin with the outside world. In France, the Yoga takes back especially just some components, in particular: the postures (Asanas in Sanskrit), breathing exercises (Pranayamas) and the meditation (Pratyahara).

On Saturday, February 10th, FIK gave thanks to his professor Christine Louppe, its first Yoga course concerning advanced postures.

A course gathering people of all horizons, sharing a common passion for the Hatha Yoga. And also a common commitment on the side of FIK and its international solidarity actions In Halligudi. As they found themselves together in this Yoga course, the participants had discussed about their sense and their personal goals.

Thanks to the funds raised by the Association and this first working group, paediatric projects may continue.

