

Yoga, as we all know, comes from the Sanskrit word "Yuj," which means "to unite . This unity signifies the ultimate union of the body with consciousness and thus attaining definitive inner-peace.

I am sure we have all had that moment in a yoga class where the instructor tells you to "relax and clear your mind.

Easier said than done, right?

the Board agenda
long, and the number of emails I forgot to answer.

Inner peace? I have not reached this stage yet. To be honest I am still closer to the level of inner chaos!

But this is just because I am a beginner.

Our lives today are extremely stressful with a lot of work pressure which causes mental stress, and most certainly yoga is effective in reducing this stress.