

Instant 10-minute Yoga: New Form of Yoga

Do you drag yourself out of bed on Monday mornings, exhausted before you've even begun the week. Or maybe you can't enjoy your evenings, because work drains you of every ounce of energy.

Don't worry, you can boost your energy levels and balance your body with a new form of yoga - dynamic yoga.

Its simplicity and almost instantaneous benefits have made it one of the most fashionable alternative exercises of the new Millennium. Normally known for its relaxation benefits, dynamic yoga can boost your energy levels in just 10 minutes.

It includes some of the most basic yoga postures. You can try each of them individually, or in succession, but none of them should be rushed. However, you should feel the benefits after just ten minutes.

The deep stretches and graceful movements help to unblock energy, improve muscle tone and increase your general stamina. When practised regularly, say enthusiasts, you will experience improved energy levels, greater sexual vitality and better self-discipline. In the long-term, the breathing and body exercises will help detoxify your mind of tension and strain, creating calm and an inner peace.