

Arhanta Yoga Ashram: Why is Yoga Essential During Work From Home?

The views of Ram Jain From the Arhanta Yoga Ashram about Why is Yoga Essential During Work From Home?



200 hour Hatha Yoga Teacher Training

Teach worldwide with our internationally accredited yoga teacher certification

[Learn More](#)

Experience the yogic lifestyle & study at our authentic yoga ashrams in India & Europe

Madhya Pradesh, Khurai, Jun 18, 2021 ([Issuewire.com](https://www.issuewire.com)) - As we all know the situation these days, the covid-19 pandemic has restricted everyone to their homes. The old normal life has been disturbed. This lockdown has not only impacted our personal life but also our work lives as well. Before the covid-19 pandemic and the start of lockdown, we all used to go out for work to different places. Only a few people were working from home, but after the pandemic started raging, everyone was forced to stay home and work from home as well.

Staying at home for so long has impacted a lot of people physically and emotionally. According to Ram Jain, the founder of [Arhanta Yoga Ashram](#), "It is very important to keep ourselves busy while staying at home. If you are working from home, there is a higher likelihood of you being physically inactive. This physical inactivity can lead to a lot of problems in your body such as obesity and increases the risks of diseases. For that reason, it is very important that even if you are working from home, you should involve yourself in yoga or meditation. This would not only help you stay healthy but will also provide you comfort and strength as well."

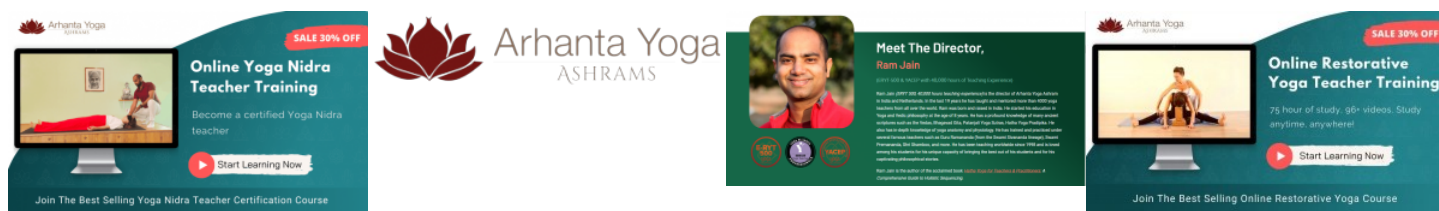
Working from home can also impact the minds of people, it can make them slow and lazy. To avoid this, it becomes even more important that you maintain yourself and do some physical activity. The best physical activity that you can do at home is meditation or yoga. According to Ram Jain, "Meditation and yoga can help you clear your mind, it can strengthen your body, and help you be stronger emotionally".

These are a few very important things that people who are working from home need.

Body Strength, emotional stability, and a clear mind can help you become successful in any trade. That means, it can help you perform better at your work from home. So, it can improve your productivity and you can achieve more in less time. Also, working from home can also lead to some habits that are bad for the long term. These habits include spending more time on the internet, sitting down in the same place for long hours, and attraction to the distractions around you. So, according to Ram Jain, if you are not focused on what you are doing, it will lead to disasters and decrease your productivity. These negative habits have the ability to impact your body and health as well.

Sitting in the same place and position for a long time can lead to serious problems in the back. To avoid these problems, you will need to relax your body and muscles and according to Ram Jain from the Arhanta Yoga Ashram, "[Meditation](#) and Yoga are the best ways to relax your body, muscles, and brain." So, based on these facts and quotes from Ram Jain, we can say that Yoga is essential for work from home.

About the Ram Jain of Arhanta Yoga Ashram: Ram Jain is one of the founding fathers of the Arhanta Yoga Ashram. He is the one who made the Arhanta Yoga Ashram one of the most prominent yoga ashrams in the world. He is one of the best yoga instructors in the world who has dedicated his life to the progress of yoga and has worked hard to preach the teachings of peace through yoga.



The banner features the Arhanta Yoga Ashrams logo in the center, flanked by two promotional cards. The left card is for 'Online Yoga Nidra Teacher Training' with a 'SALE 30% OFF' tag, showing a person in a yoga pose and a 'Start Learning Now' button. The right card is for 'Online Restorative Yoga Teacher Training' also with a 'SALE 30% OFF' tag, showing a person in a yoga pose and a 'Start Learning Now' button. Between the cards is a 'Meet The Director, Ram Jain' section with a photo of Ram Jain and a brief bio.

Media Contact

Arhanta Yoga

info@arhantayoga.org

+ 31 618 504 823 (Europe)

Village Bansarae, P.O. Ontwa PurvaNear Khajuraho, Madhya Pradesh, India471105

Source : Arhanta yoga

[See on IssueWire](#)