

YOGA



KAIUT YOGA

DIVERSITY OF STIMULI IN YOGA



A Holistic Perspective

Our body is a powerful tool capable of generating vitality and health so we can enjoy a full life. Unfortunately, not everyone is aware of this or knows how to make the most of its potential. For each of us, it is essential to activate this stored potential and stop seeing the body only as a limited shell that simply deteriorates with time. If you use your body in an intelligent and natural way you can expect improvements day by day and access to new levels of health and vitality.

That is, know that the passing of the years or the natural ageing process does not mean facing an inevitable loss of body functionality and deterioration of one's health. Imagine what it would be like if in 20-, 30- or 40-years' time you had better mobility and enviable health? The way to achieve this is diversity.

The word diversity refers to ideas of plurality, variety and distinct characteristics. Taken in the context of yoga, it refers to the need to stimulate all parts of the body in a varied way that is aligned with nature. This approach is one of the foundations of the Kaiut Yoga Method which involves natural use of the joints in line with the ancestral roots of the practice, to encourage biomechanical preservation and ensure broad range of movement is maintained.

From a mechanical point of view, the human body is an intricate structure that has been expertly developed by nature. Made up of 206 bones of various shapes, our skeleton acts as a support structure. The joints, which connect one bone to another, provide stability and, at the same time, the capacity for mobility. These joints fall into three categories: fibrous (immobile), cartilaginous (semi-mobile) and synovial (freely mobile). Here I would like to highlight the synovial joints, which play a central role in our mobility.

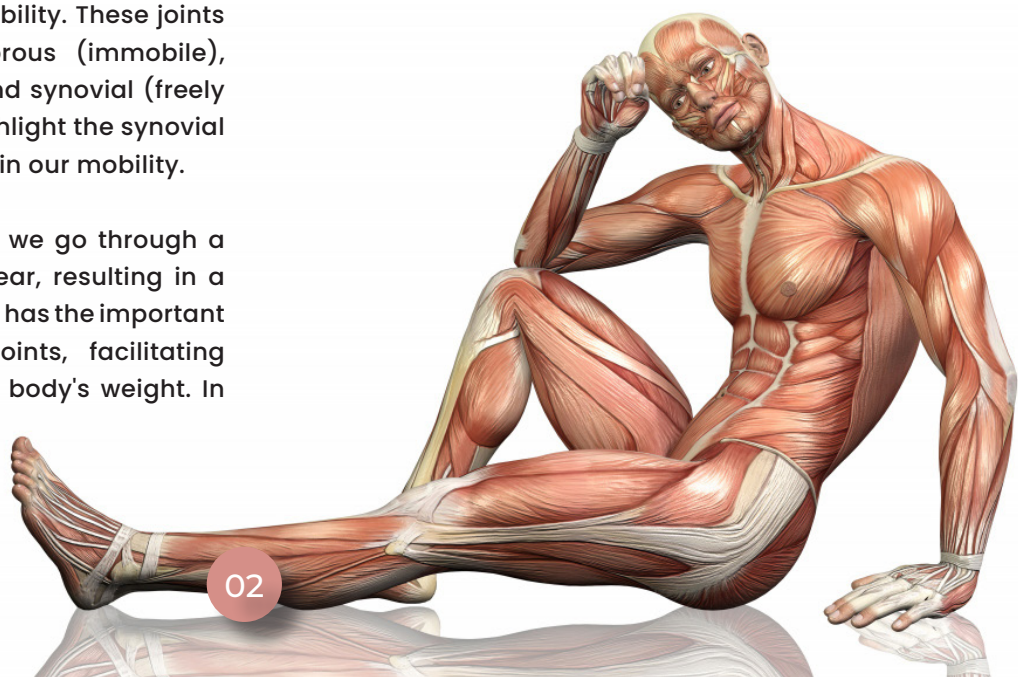
Over the course of our lives, we go through a natural process of wear and tear, resulting in a reduction in synovial fluid, which has the important function of lubricating the joints, facilitating movement and supporting the body's weight. In

addition, illness or improper use can lead to musculoskeletal disorders, which pose a threat to the healthy ageing process.

Here, I think it's important to clarify that improper use of the body includes neglecting to subject one's organism to diverse stimulus in line with nature. The lack of adequate stimuli can cause varied ailments, such as pain, loss of mobility, stiffness, among others. Importantly, the implications go beyond physical limitations and pain.

As mobility and dexterity decrease so does productivity and countless life opportunities are put aside. As a result, maintaining economic, social and functional independence over the years becomes challenging. These factors impact quality of life and physical and mental balance. These impacts on our musculoskeletal and mental health are not only experienced by the elderly population, but also young people.

The crucial question, then, is how to stimulate the joints efficiently? In my opinion, the key to nurturing biomechanical health lies in diversity. Although modern culture promotes physical activity as a fundamental pillar for maintaining health, this approach is often specialized—people typically engage in limited types of physical activity and subsequently neglect several other beneficial factors for health.





If you focus only on running and leave out activities such as swimming, cycling, hiking, climbing and others that are also fundamental in preserving bodily health, you may be on the wrong track. I understand that incorporating so many activities into your daily routine can seem like an arduous task, especially in the context of work. Here is where yoga offers a viable alternative. The practice, from a holistic point of view, offers a broad source of joint stimulation and promotes musculoskeletal health even in the midst of daily demands. Thus, it's worth considering incorporating yoga into daily life.

The Kaiut Yoga Method was created to, in a way, connect the dots between the losses caused by modern life, providing holistic nourishment and neurological reorganization. Because of the importance of the diversity of stimuli to our health, yoga is an effective and essential practice. I have compiled this e-book to explore this topic of diversity further, so you can appreciate why it is a foundational principle in the Kaiut Yoga Method.

Diversity is of central importance to awaken the fullness of our human potential. I'd like you to learn how subtle movements and expanded awareness can have a unique influence on your daily life. The practice of yoga can nourish our body, mind and spirit in a unique way.

Happy reading,

Francisco Kaiut



"KNOW THAT THE PASSING OF THE YEARS OR THE NATURAL AGING PROCESS DOES NOT MEAN FACING LOSSES OF BODY FUNCTIONALITY [...] THE ANSWER IT'S DIVERSITY !"



Yoga movements and postures

FOR VITALITY AND BALANCE

Many people give the impression of being physically active and think they are taking good care of their health. Some are even surprised when they suffer from injuries, pain or poor mobility. I confess that I'm not surprised at all, because I know that they're not directing the correct and necessary variety of stimuli to all the joints in the body.

There is also a paradox in the fitness world that proves my point. The more you do sport, the closer you are to injury. It's an aching knee, a sore back or neck, among many other possible manifestations. Yes, when you exercise, your muscles are toned and strengthened. On the other hand, your joints themselves become sore.

Running, swimming or going to the gym provide valuable stimuli, but they alone won't be enough to offset the effects of underuse and the comfortable lifestyle of the modern age. That's why in the Kaiut Yoga Method diversity has been carefully incorporated to fill in the gaps left by our daily habits and function as an organized system. If you only choose to run, you'll exercise one set of muscles, but neglect those that will be activated by swimming, cycling, hiking, climbing and other activities that are essential for the health of the body, and you'll end up specializing.

**"[...] Just learn to listen, from the beginning of the process,
And when you see it, you'll see the changes... "**

I recognize that fitting all these activities into your daily routine, especially considering the demands of your current job, can be difficult or even impossible. Furthermore, even if someone were engaged in the range of physical activities noted above and more, it is unlikely that they would reach the full potential of joint movement. That's why I advocate the practice of yoga, knowing that it is a powerful resource for restoring our biomechanics, as it applies positive stress in a planned way to each joint.

An absence of a diversity of stimuli and underutilization can lead to an imbalance in the distribution of efforts. Even if you dedicate hours to a specific activity, you may be specializing in repetitive movements that may not fully meet your body's fundamental needs. It is important to recognize too that other modern approaches to yoga may also promote specialized use of the body, which overtime contribute to imbalances rather than health and functionality as yoga intends.



Each joint, regardless of its nature or classification, has a natural and ideal capacity for movement. If you don't provide them with a variety of stimuli, you are likely to underuse certain angles and overload others. Nature created our bodies with specific angles and a greater range of movement than what we typically think, which is healthy for them.

Understanding the particularities of each joint and its potential is essential for developing an optimal yoga practice. That way, when you get on the mat, you'll be able to better perceive the transformation taking place.

We don't always know which part of the body needs the most attention also, so a systemic practice aligned with our ancestral nature is necessary. A useful thought exercise is to contemplate how our ancestors used their bodies: Primitive man, compared to our current way of life, can resemble a high-performance athlete. It's certainly not common today to find people in their 60s or 70s in such peak physical condition as was found in primitive populations. I'm referring to the full availability of the body.

We don't have that same performance as our primitive ancestors due to a lack of stimuli compared to what our ancestors experienced from their daily routines. Some of these stimuli is very simple.

Around 200,000 years ago, the bodies of our hunter-gatherer ancestors received stimulation from sleeping on the floor, squatting, walking barefoot and other diversified - and unspecialized - activities

common at that time. Although many of these stimuli have been lost to most of us, the truth is that we are not willing to give up the comfort of, for example, our soft beds. Therefore, the search for a practical and safe solution is fundamental.

Consider practicing yoga to bring out your body's full potential. I imagine that many may question whether the postures are really safe and effective. My answer is: nature designed us with the ability to perform a wide variety of movements in each joint, even in adulthood.

Although this potential is innate and has a function, we are rarely exposed to it or to images that exemplify it. Preserving this potential is fundamental to maintaining our functionality, vitality and even energy reserves. Yoga is a resource that can facilitate access to this "source" that will contribute to a fuller and healthier life.

The body has an intrinsic ability to maintain health when it is used correctly and stimulated to perform the tasks for which it was designed, avoiding unnecessary losses accumulated throughout life. Often, these losses occur gradually, over decades, before they have noticeable symptoms.

In the context of yoga, engaging in a variety of movements can unlock areas that have been neglected by the underutilization generated by modern habits, and in doing so promotes physical and mental health.



When discussing the application of diversity in the joints, I am emphasizing the use of the joints in a way that is aligned with our nature. I'm referring to nature as a representation of an ancestral scenario that has shaped our body to its current stage, characterized by peak performance and deep exposure to natural forces. However, our modern society overvalues comfort and adopts a somewhat protective culture that minimizes the body's exposure to specialization, resulting in reduced functionality. Each joint needs (and deserves) to be exposed to the varied stimuli that nature has designed in order to provide a complete experience.

Considering the human body, some abilities tend to diminish over the years and can become weaknesses in the future. That's why I structured the Kaiut Yoga Method with a sequence of postures that activate underused joints and angles, based on a deep understanding of our ancestral body heritage and our current body use as modern humans. From this starting point, we expand our abilities towards an ever-improving state.

The Kaiut Yoga Method employs an approach that initially focuses on larger joints, but with less intensity. Later, we focus on specific angles in each joint that are often neglected. In this way, we can reach the body in its entirety, exploring a variety of angles. Every posture, every movement and even

the approach to breathing has been carefully planned to avoid specialization.

Of course, in the beginning, these practices may not focus directly on the areas surrounding the joints, since underuse often leads to a loss of "elasticity" in the tissues that surround them. These tissues are made up of elastic fibers that are mobile, smooth and permeable to blood flow, facilitating processes such as oxygenation, nutrition and waste elimination.

By providing a variety of stimuli to the body, aligned with its ancestral capacities, we trigger the release of emotional and physical tensions. This reflects the essence of yoga, acting as a scanner that identifies areas of tension that are often hidden. Rigidity acts as an obstacle to our potential for mobility, even if its influence is subtle and does not directly lead to illness—rigidity will not contribute to a long life.

The challenge goes beyond the perception of limitations and pain caused by musculoskeletal health problems. As mobility and dexterity decline, we witness a reduction in productivity and engagement across various aspects of our lives. This, in turn, can lead to difficulties in maintaining economic, social and functional independence. These factors have an impact on quality of life and physical and mental well-being, affecting not only the elderly, but also young people.



A report published in Yoga Journal exemplifies the impact that the diversity of stimuli triggered by yoga can have on a person in the long term. Juliet Sherwood, 85 at the time (2020), is a teacher of the Kaiut Yoga Method and says that 40 years ago she started practicing yoga out of curiosity and a desire to discover effective resources for body care.

At the time, Juliet suffered from sciatica, an uncomfortable pain that ran along the path of the sciatic nerve from the lower back to the leg. Like many active people, she put aside this pain to enjoy adventures such as skiing, exploring trails and long bike rides. Despite these achievements, the pain persisted and became more intense over the years, taking her more than a decade to finally find relief through the practice of yoga.

According to Juliet, the practice played a crucial role in alleviating the discomfort, and she even has a sequence of postures that she has incorporated into her routine and shares with her students of all age groups. After years of study, she realizes that students find the practice challenging, but reap positive effects in mitigating discomfort and stiffness, obtaining greater freedom of movement in their daily activities.

"[...] AS MOBILITY AND SKILL DIMINISH, WE WITNESS A DECREASE IN PROFESSIONAL PRODUCTIVITY AND WE STOP BEING ACTIVE AT VARIOUS TIMES IN LIFE. "

Francisco Kaiut



DIVERSITY OF STIMULI

and joint nutrition



As I've already mentioned, the importance of a variety of stimuli is to nourish our body's joints and thus restore all the functionality for which they were designed. We live in a world in which more than 1.71 billion people are affected by musculoskeletal conditions, comprising a variety of diseases that directly impact the human locomotor system, according to the World Health Organization (WHO). With such a high number, it will probably not be surprising to you that among the leading causes of disability is lower back pain, which, according to the WHO, occurs in around 160 countries.

Again, we need to recognize that musculoskeletal conditions go beyond the boundaries of the body's system of bones, joints and muscles, they significantly limit people's mobility and dexterity, resulting in early retirement, reduced levels of well-being and a lower capacity for social interaction. As if that weren't enough, population ageing, and demographic growth are accelerating the number of people facing functional limitations arising from musculoskeletal conditions. I would say that these factors are compounded by the harm caused by our lifestyles of comfort.

Data from the Global Burden of Disease (GBD) 2019 paints an undeniable picture of this reality, revealing the scope and impact of these conditions in different regions of the world. High-income countries lead the statistics, with 441 million people affected, followed by the WHO Western Pacific Region, with 427 million, and the South-East Asia Region, with 369 million.

Low back pain plays a leading role, contributing to a burden of 570 million prevalent cases worldwide, equivalent to 7.4% of global years lived with disability. Other musculoskeletal conditions, such as fractures, osteoarthritis, neck pain, amputations, rheumatoid arthritis and gout, make up a complex narrative, accounting for millions of cases and disability.

However, the complexity of these conditions goes beyond the numbers, as they are not limited to a specific age group, affecting everyone from young people in their productive earning years to the elderly. There are cases of autoimmune inflammatory conditions that shape childhood development right through to the painful journey of early retirement. According to the WHO, which works to find effective strategies to prevent musculoskeletal diseases, the social and economic consequences are varied.

I believe that some of these people are experiencing the effects of a condition resulting from the limited use of the body, as well as the consequences of the nervous system operating chronically in a state known as sympathicotonia. This pathological state is described in medical dictionaries as a condition in which there is an excessive dominance of the tone of the sympathetic nervous system, which can cause vascular spasms, high blood pressure, tachycardia, among other symptoms. When we operate in a tense, reactive mode, our nervous system can be significantly impacted.

One of the most obvious symptoms when we are operating in this mode is stiffness in the neck, but other areas of the body can be affected, such as the feet or even the hands. That's why the diversity of stimuli helps to eliminate pathological stiffness and other imbalances in mobility, which are often related to causes of serious health problems.

I have observed many students over these decades in the yoga room and it seems to me that stiffness only becomes noticeable when it has already spread to various regions of the body, causing impacts of significant proportions.

One of the most damaging is the loss of vitality. Another point that I think is relevant to address is related to the habits of our modern society, such as spending hours on end in front of the computer working.

This habit, coupled with physical inactivity and other musculoskeletal disorders, has contributed to the occurrence of low back pain, also known as lumbago. This is a common complaint among adults all over the world and can lead to inability to move in some people. Genetic factors, biomechanics and mental conditions have also been associated with this debilitating condition.

A recent study conducted by Indian researchers points to yoga as an effective resource in the treatment of chronic low back pain, i.e., persistent pain in the lower back that lasts for more than 12 weeks. The research focused on a group of computer users, a population particularly susceptible to low back pain due to long hours of static work and poor posture. For 16 weeks, a group of participants adhered to an integrated yoga program, combining postures and mindfulness meditation, designed specifically to relieve the stress and stiffness associated with low back pain. The participants who followed the practice experienced a significant improvement in several aspects.

The reduction in stress, anxiety and depression was striking, with stress scores decreasing by up to 98.13% over the course of the 16 weeks. In addition, spinal mobility improved considerably, providing welcome relief for those suffering from chronic low back pain.

Compared to the exercise group, the yoga practitioners' results were superior. Although both groups experienced improvements, yoga proved to be more effective in reducing the psychological symptoms associated with low back pain, as well as improving spinal mobility. This can be attributed to the various components of the practice, such as mindfulness, relaxation and specific postures that contribute to strengthening and stretching the muscles involved in the lower back.

The conclusion of the study emphasizes that the practice of yoga is an ally in treating symptoms. I also attribute it to its ability to nourish the vertebrae, enabling the body to function better. After all, our joints have evolved to cope with extremes, from dealing with considerable loads on the back to enduring long hikes, hours squatting in icy caves, among countless other stimuli.

Take the knee for example, a joint developed to operate in a variety of circumstances. In modern life however, this joint can barely withstand a minimum of natural stress; on the contrary, it is subjected to negative stress in order to avoid the pressures needed to restore the functionality it was designed to perform. Today, I observe that one of the greatest challenges facing our knees concerns the underutilization of many of their potential angles, as well as the restricted and limiting specialization that affects them.





SENSORY STIMULI

and body awareness

I understand how hectic our daily lives can be, with many demands and decisions to be made all the time. As a result, we can experience peaks of stress that trigger the nervous system's sympathetic reflex. At these times, the PSOAS—our deepest muscle and the one responsible for stabilizing the human body—tenses up and is significantly impacted by frequent doses of adrenaline and cortisol. The result is a loss of vitality, power and biomechanical functionality.

Imagine the muscle as if it were an elastic band that is tensed all the time, then returns to a normal state, is tensed again and remains in this continuous flow. Yes, under pressure, it goes into a state of alert, preparing us to fight, flee or freeze—an ancestral reaction and a natural defense mechanism. It's the nervous system's job to help us make decisions, which is why it's so important that it's regulated.

In the Kaiut Yoga Method, we work with the body in a seated position to reduce biomechanical complexity wherever possible. The aim is to combat possible musculoskeletal symptoms in sedentary people who suffer from continuous peaks of stress by regulating the entire nervous system. I believe that when bombarded, the PSOAS ends up impacting the entire body structure, as it becomes aggravated, weak or overstretched. If this happens, it can trigger symptoms such as pain, even low back pain and pelvic pain.

This disorganization of the body can affect balance, posture and even the functioning of the internal organs. Since the PSOAS is connected to the diaphragm via the fascia, it directly influences breathing and can lead to respiratory disorders such as excessive, short or shallow breathing. It is crucial to understand that, although we often consider these elements in isolation, breathing and the diaphragm

are interdependent, just as the diaphragm and the PSOAS are intrinsically connected.

Given these connections, when we talk about disorders or any other health problem, we are also talking about a gradual loss of respiratory quality, which we typically only notice—like many things—once it's severe. This silent deterioration of our respiratory functioning can be compared to the stiffness that sets in unnoticed and to other silent chronic diseases.

Our body was designed to breathe—breathing is what oxygenates our cells, providing the vital fuel for metabolic efficiency to coordinates the integral functioning of the body. Breathing also needs to be aligned with nature—neglecting this balance over time leads to alteration of blood chemistry and pH, resulting in chronic acidity. This situation, in turn, is a key element in the genesis of modern metabolic disease.

Stress, which has become inherent to life in contemporary society, is in fact transforming our breathing pattern. It is therefore imperative to release the chemical load that accumulates in our body's tissues. Breathing is not just an exchange of gases; it also acts to eliminate toxins from the body.

When the oxygen absorbed through the respiratory tract combines with the hemoglobins in the red blood cells, it circulates through the blood, while the carbon dioxide is exhaled through the cells and airways. For this reason, the Kaiut Yoga Method focuses on the biomechanical stimulation of the PSOAS, seeking to relieve multiple accumulated loads, reduce stress and improve breathing, among other functions.

The longer a student consistently practices yoga, the greater and more lasting the state of relaxation they will experience. In a way, they learn to optimize the use of their body and they do this by refining communication with the central nervous system. In essence, our perception mechanisms are expanded. As the pace of modern life is not going to slow down, it is crucial to develop self-regulation mechanisms, especially in order to face reality more effectively.

In the Kaiut Yoga Method, the postures offer a wide variety of stimuli that nourish the joints and also promote physical and emotional relaxation. Continuous practice allows the student to live in a perennial state of well-being that is assimilated by the brain as something highly beneficial and, over time, this sensation becomes the dominant message. This process is mediated by the functioning of the peripheral nervous system, a network made up of nerves and ganglia that serves as the communication channel through which information circulates throughout the body.

For example, when you make a movement, the impulse is transmitted to the cerebral cortex and subsequently to the muscle fibers. This flow of communication generates signals that trigger the release of neurotransmitters, such as acetylcholine, into the synaptic cleft of the motor plate and this interacts with the muscle cell membrane, stimulating contraction and movement.

The motor plate acts like a map of the body in the brain. When the body is used correctly, without defenses or aggressions, such as a proper yoga practice, it shines. Gradually, this mapping expands in the frontal cortex and the underused areas begin to reconnect with the rest of the body. At this stage, some people may experience an increase in the sensation of pain, but as the process progresses, the original functions are gradually restored. This phenomenon is common when our practice evolves and makes us more sensitive to perception, so the initial hypersensitivity normalizes.

The truth is that the more you use your body in a way that is aligned with nature, the more efficient the system becomes. I often tell my students that

we are developing a more efficient brain to interact with the body, creating a high degree of connectivity. This is the true awakening of body awareness, with the expansion of the map in the brain; all of this takes place behind the scenes of our consciousness.

" IN THE KAIUT YOGA METHOD, WE REINFORCE WORK WITH THE SITTING BODY TO REDUCE, WHENEVER POSSIBLE, THE BIOMECHANICAL COMPLEXITY. IS DIVERSITY."

Know that body movement acts as an essential fuel that makes our entire system function. I believe that the joints require constant use that is intelligently aligned with nature, rather than just being subjected to harmful comfort or specialized use. It's important to use the body in a varied way day-to-day.

If you're passionate about running, then run. However, if your goal is to continue enjoying this activity throughout your life, try to avoid excessive specialization and seek diversity. Specific range of movement and angulation of the hip joint during running are not enough to maintain the health of the whole body, literally from head to toe. Focusing too much on certain areas of the body can result in neglecting others. Therefore, it's crucial to adopt different approaches of use to nourish the joints overloaded by running.

I believe that the full use of joint mobility, properly constructed, has an impact not only on the biomechanical aspect, but also on the organic one. It is in the latter that, according to my point of view, the greatest potential for promoting vitality, health and disposition in each joint lies.



"IF WE OBSERVE CHILDREN PLAYING, WE WILL SEE HOW THEY MOVE WITH SKILL, BENDING, KNEELING OR EVEN SITTING ON THEIR HEELS WITHOUT ANY DIFFICULTY AND FOR A LONG TIME."

Consider the spine, something that is unique to each individual and perfectly adapted to nature. Both broad movements and micro-movements of the spine create a massage effect on the lymphatic and circulatory systems and even the internal organs. This preserves the elasticity of all blood vessels, including the deepest ones, and maintains the tone of the vascular walls and organs.

Of course, I know that there are controversies regarding the correct use of the body—there are some perspectives we can find in the medical literature that are worth reflecting on.

One commonly held view is that squatting more than 90 degrees is a high-risk movement, leading to knee and hip injuries. Thus, the recommendation in the literature is often to not squat. The justification is that deep flexion overloads the joints in these parts of the body, causing injuries and, in the long term, chronic pain.

However, in an article published in 2013, doctors Hagen Hartmann, from the German University of Health and Sport, together with other researchers, reviewed the literature on whether squatting with less knee flexion would be safer for the musculoskeletal

system than deep squatting. They looked at more than 164 articles and concluded that there were no realistic estimates of knee joint forces for angles greater than 50 degrees in this category of squat. What's more, during the deep squat, the pressure on the knee is balanced, as the load is distributed equally throughout the structure that adapts to the movement. Squatting can then help protect and strengthen the lower limbs and contribute to the health of the lumbar spine and knees. Although it should be noted that, stopping the squatting movement in the middle can create a lot of tension in a way that may damage the knees and joints.

Further evidence that squatting doesn't harm the health of knees or reduce mobility comes from watching children play. If you watch children at play you will see how deftly they move around, squatting, kneeling or even sitting in a squat without any difficulty and for a long time. So, why can't adults do the same?

A common thought is that there is simply a difference between children's and adults' flexibility, and consequently mobility limitations and restrictions. For me, however, this kind of

thinking is a myth in modern society and has been wrongly accepted as truth. Based on experience with many students, including many over 60, adults have the potential to be just as flexible as children as long as there is an understanding of the unique characteristics surrounding joint mobility at different stages of life. Therefore, neglecting bending the knees or any body movement from a systemic approach can be a detrimental attitude to health.

For more than three decades I have been observing my students and following the process of recovering the body's natural potential. Yoga promotes a silent but very powerful evolution: the more you dedicate yourself and the more consistently you practice,

the more opportunity the cerebral cortex has to expand. The brain recognizes a regularity in the body's demands and as such establishes a state of readiness throughout the system.

This process results in increased muscle tone and improved circulatory quality. It's as if the brain is evolving and entering a healthy state of anticipation of movement, preparing to perform with greater performance and effectiveness. Practicing yoga allows you to move each joint efficiently, naturally and intelligently.

RECOVERING OUR BODY ESSENCE

through yoga and the diversity of stimuli

We know that, in modern society, we end up living a sedentary lifestyle, especially for those who work for hours on end sitting in front of a computer, with our bodies being underused. On the other hand, we overuse our brains, causing an emotional imbalance that adds to musculoskeletal disorders. In this context, lower back pain is accompanied by stress and other psychological problems. This condition is more common than you might think. That's why there's a growing need to understand the potential of an ancient practice like yoga to mitigate modern ailments, not just as a palliative resource, but as a healing alternative. This could be the solution we need, without the need to use pharmacological or even surgical solutions.

The Kaiut Yoga Method has been carefully structured to recover the innate fullness of the

human body, a capacity that dates back to the earliest times of our existence. The proposal addresses both physical and emotional aspects, allowing the practitioner to cultivate strength, balance, flexibility and a healthy attitude towards life, all in a gentle way and with minimal effort. In addition, the emotional impact is remarkable, as it results in greater concentration, focus, relaxation and reduced anxiety.

I see yoga as a complementary but fundamental resource for students to continue doing what they really enjoy for a long period of their lives. Whatever physical activity you do, by combining it with yoga, you'll be able to reach other areas of the body, leaving it nourished and available. As a result, you'll have a fuller life, both physically and mentally.



The diversity of movements in the Kaiut Yoga Method is inspired by our ancestors and the crucial moments in evolution that ensured the survival of the human race. For example, considering the Homo sapiens hunter-gatherers who existed over 200,000 years ago, we can see that they mastered not only the world around them, but also their own bodies and sensations.


They possessed admirable dexterity, being able to perceive the slightest movements in the grass, even identifying the crawl of a snake. When observing the leaves of trees, they were so skilled that they could detect fruit, beehives and birds' nests for food. Their movement was marked by efficiency and economy of effort, sitting, walking and running with agility and smoothness. The diverse use of their bodies made them incredibly agile.

For writer Yuval Noah Harari, author of "Sapiens, A Brief History of Humanity", the physical dexterity of ancient Homo sapiens far exceeds the average ability of individuals in our contemporary society. This begs the question: why, despite having the same body structure, do we not achieve such performance

Each of us is unique among the more than seven billion human beings scattered around the world. However, I believe that, genetically, everyone has the ability to recover the primal functionality of our bodies. This ability is latent in everyone, regardless of origin, location or physical constitution. As I've already said, this great potential is waiting to be unleashed.

The diversity of stimuli in yoga practice, in my opinion, is one of the ways to optimize the use of the body, maximizing quality and longevity. After all, we were designed to move and use our joints and all bodily systems intelligently. Yoga postures are also movements that meet our fundamental needs to be functional. In this way, our lives can be transformed for the better, pain-free and more fulfilling.

CONCLUSION



When exploring ancient civilizations, it's easy to find reports of adults who knelt easily on the floor and elderly people over 80 who enjoyed pain-free knees. In this context, I am intrigued by the view of yoga as a resource for building health and well-being from a systemic, ancestral and nature-aligned perspective, not just another physical, fitness activity of our modern times.

So, if our ancestors practiced yoga thousands of years ago, why do many people today still doubt its real results? For me, this discrepancy is disconcerting, since one of the pillars of the Kaiut Yoga Method is the diversity of stimuli, an innate characteristic of yoga. After all, a lack of stimulation in the joints tends to result in health problems.

Believe me, the path to restoration lies in yoga. I can understand why people might question my proposal for a change in mentality and behavior, because contemporary society has been educated to accept certain biases that often contradict ancient wisdom and the logic of nature itself. Opting for comfort, specialization and underutilization of the body will not help you age with quality and health.

The health of a joint, for example, is intrinsically linked to the preservation of its movement potential and the diversity of stimuli it needs to receive. Therefore, the approach should not be shaped by personal preferences, but by alignment with the genetic purpose of each joint.

In the Kaiut Yoga Method, postures have a value that transcends their external appearance. The impact lies in the potential that these positions offer, which is ready to be explored. The variety of stimuli I propose aims to recreate movements that were fundamental to the development of our species.

At the dawn of humanity, we weren't shaped to run, play soccer or walk quietly. Our ancestry demanded

that we hunt, defend ourselves against predators and so we evolved. Today, we live with countless comforts, but it's essential to understand that, without proper compensation, these comforts can trigger a series of problems.

Don't forget that your physical aches and pains aren't just the result of the time you spend in front of the computer; they're also intrinsically linked to what you don't do and the tension that builds up in the body due to extreme and chronic stress in the nervous system. Therefore, the emotional and stress patterns you experience while working in front of the screen have just as significant an impact on mobility and pain as physical inactivity.

In my interactions with students, I have observed that many accumulate specific tensions in distinct areas of the body. However, when these areas are properly addressed through yoga postures, both the tensions and the nervous system tend to relax. The result is a remarkable feeling of well-being throughout the whole being, building greater health. The diversity of stimuli contributes to the sustainability of our choices, to maintaining health, vitality and, consequently, longevity.

Diversity should be a feature of any therapeutic process and any work with the body. Each joint has dozens of possible angles, and all these angles need to be explored, both directly and through a variety of uses.

You can do the same thing with different approaches, different durations, times and intensities. All the possible diversities, when combined, create infinite possibilities and potential. We need to establish the habit of reminding both teacher and student that the further we move away from specialization, the more we become involved in this process of discovery and release of potential energy.

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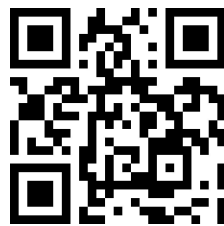
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Social Media



Health app



Kaiut Yoga 101