

Chicago Northwest Nasirat

Sunday, February 16, 2014
Yoga Class

The Chicago Northwest Nasirat has begun monthly Yoga classes as a part of their Sihat-e-Jismani activities. On Saturday, February 16th, the first Yoga class was held and lead by the Nasirat Assistant Secretary.



The Yoga class started with a brief introduction regarding the importance of exercise. The Nasirat learned that Islam requires that we take care of ourselves both spiritually and physically, and exercise is essential for a healthy lifestyle. The activity of yoga in particular was chosen because this exercise involves relieving stress and stretching.

The Nasirat then learned several Yoga poses, including child's pose, pigeon's pose, rag doll, tree pose, warrior pose, and sideways swan. All Nasirat did their best effort to try a challenging pose known as "crouching tree" as well. Not only did the Nasirat begin to feel physically refreshed, but the stretching activities soon began to help relax their minds as well.



Many of the Nasirat plan to start practicing several of the new poses they had learned, inshAllah and were very excited for their next class. The activity allowed for a change of pace and helped the girls to recharge halfway through their Nasirat class, Alhumdulillah. May Allah bless us all with good health, both spiritually and physically. *Ameen.*

