



Article Side

Yoga and Modern Visual Art: Illustrating the Beauty of Yoga by [Reginald Daugherty](#)

Article published on February 9th 2012 | [Photography](#)

It involves meditation, stretching, and forming the body in different postures. The traditional yoga was usually done for spiritual purposes--ancient Indians believe that to attain spiritual perfection, they have to attain balance the aspects of a human person: the body, the mind, and the soul. They believe that by doing yoga, their souls can attain "ultimate freedom", liberated from all sorrows and pain.

Yoga Today

In the present era, yoga has gained popularity all over the world. Not only Hindus and Indians practice yoga nowadays, but also people from different races and different religions. This ancient practice had fascinated the world because of its unique way of improving the condition of the human body. Many people practice yoga to free themselves from negative energies and to cure their bodies from different health problems.

Yoga as an Art

There are those who would also consider yoga as an art--not only the art of living but also a visual art. The eccentric body poses done in yoga are like unique pieces of art. It is like every pose, every body movement tells a piece of wisdom--and the whole process involves telling a story. It is as if the body--through yogic positions--creates an image, which then prompts the viewer to create an interpretation.

Yoga and the Modern Visual Arts

Yoga has also fascinated modern visual artists-- they use mechanical and digital devices to capture the images that yogic positions create. One of the most used media in presenting yoga as a visual art is photography. After being captures in a moment, yogic movements can be seen in a still yoga photo, and they can be presented in different perspectives.

Nowadays, naked yoga is one of the favorite subjects of yoga photographers. Naked yoga presents more precise images of people in yogic positions. It has been said that people participate in this kind of yoga practice because they attain more freedom with the absence of clothing. This has become popular among western societies--at some parts of Europe and North America.

Many perhaps believe that yoga photography is an excellent way to create a visual art. During the recent years, yoga photography has gained popularity in many parts of the world, and every yoga photographer strives to present his identity and establish himself as an artist by showing how he expresses himself by capturing images of unique yogic positions.

Article Source:

<http://www.articleside.com/photography-articles/yoga-and-modern-visual-art-illustrating-the-beauty-of-yoga.htm> - [Article Side](#)

[Reginald Daugherty](#) - About Author:

If you have questions, please visit us at www.JamesWwinner.com for complete details and answers.

Article Keywords:

yoga photo, yoga photographers, yoga photographer

You can find more [free articles](#) on [Article Side](#). Sign up today and share your knowledge to the community! It is completely FREE!