

Wise Up has offered Yoga training for the sex workers to strengthen their body from the inside-out, so that they don't just look good only, to feel good too.

Wise Up has brought yoga as one of the brain wave stimulations to alter body chemistry by healing depression and stress. Headaches, menstrual cramps, urinary-tract problems, weak immune function, incontinence, etc. virtually become a thing of the past.

The first yoga training has facilitated at Akaki Nifas Silk Wise up Drop In Center. The training was provided by a volunteer certified yoga practitioner to be given once in a week for one hour and intend to help trainees to be physically flexible, mentally strong and psychologically courageous.

In addition to the training, the activity also intends to inspire the sex workers so that they can pursue whatever they want to achieve in every aspect of their life journey.

So far the training has been given almost for two months for nearly 15 sex workers.

According to the reflection of the trainees, at end of every session, they witness that they have seen some changes on a physical level and also high level of energy on their training days. Each of the yoga poses is built to reinforce the muscles around the spine, the very center of your body, which is the core from which everything else operates. When the core is working properly, posture is improved, thus alleviating back, shoulder and neck pain.

Yoga practice is also believed to help, in increasing high blood circulation that will boost the energy level, high physical strength and flexibility, promote healthy posture, improve immunity; stress and depression relief and inspiration are few of the benefits.

Yoga is a philosophy which is first developed in India, in which physical exercises and meditation are believed to help people to become calmer and united in spirit with God.

Yoga for female sex workers

Last Updated Wednesday, 30 October 2013 13:20

