



YOGA IS FOR EVERYONE

Written by Dana M Layon

What is Yoga?

Yoga can be many things. It is first, an ancient philosophy originating 5,000 years ago in India. The word Yoga comes from the Sanskrit word meaning “union”.

Hatha Yoga means “yoga for health”, and is the physical aspect of the practice. It renews, invigorates and heals the body. Simply, yoga is a physical and psychological discipline seeking balance. In yoga we seek to balance the mind, body and spirit.

Is yoga a religion?

Yoga is in no way connected to religion. However, those who practice yoga have said to have found a stronger connection with their personal religion through their practice.

Benefits:

Reduces Stress:

Through slow, rhythmic breathing we can lower our heart rate and blood pressure; thereby reducing stress.

Increased Immunity

Through deep breathing and conscious movement, the amount of oxygen in our blood increases, the amount of carbon dioxide decreases, assisting the blood to flow more efficiently. This in turn increases our immunity functions

Improves Flexibility, Strength, Balance and Posture

Although yoga does improve flexibility, postures are also great for strength, balance, mental focus, awareness and concentration.

Pain, Anger and Depressions Decreases

Yoga can help to minimize chronic pain through specialized yoga postures. After continual practice, we notice an increase in vitality and an overall sense of well-being.

Weight Normalizes

Yoga is a wonderful complement to any other exercise regime. It can help keep weight off and balance your workout routine.

Do I need to be a pretzel to practice?

Absolutely not! Anyone who commits to a yoga practice can experience the health benefits. Classes can be modified to fit individual needs.

Supportive guidance from a certified yoga instructor can help anyone follow the path to a more well-balanced life. It is important to remember that yoga does not always mean movement. It may be quiet and focused thought, slow and methodical breath, awareness and focus. When we quiet the mind, we hear the most.

Dana Layon is President of Satsang Yoga Studio. She is a Registered Yoga Teacher through the Yoga Alliance, member of the International Association of Yoga Therapists, Co-founder of Natural Approach to Parenting and Creator of the Prenatal Yoga Program at SW Washington Medical Center. Go to www.satsangyoga.net for more information.