

Why Yoga? Why You?

It will come as no surprise to anyone that we live in an over stimulated and overworked society. It is difficult to make the mind and body relax. Yet yoga is essentially just that, mental and physical release. For me, a personal trainer and very active woman, yoga makes me come to a grinding halt. There are many types of yoga but I enjoy Bikram yoga. Yes, that's yoga whose poses are done in a very hot room. Bikram allows me to feel challenged yet totally relaxed.

I've been practicing yoga for 5 or so years and what has kept me dedicated to it for so long is the mindset that it allows me to get into. To put it simply, a positive one! The release it gives my body and the mental control it allows me to regain is what I am addicted to. No matter what practice you choose, through breathing and introspection, yoga enables you to welcome relaxation and awaken your senses that everyday life forces you to shut down.

In my experience, my mind becomes sharper, quicker and more focused. My body becomes less drained and more energized. These benefits translate into life's difficult situations and allow me to think more rationally.

However, unlike many other things in our lives, yoga is Not a competition. It is Not about looking better in a pose, or going to more classes. It Is one of the most selfish things you can do for yourself. Time spent to focus only on your body and mind and making them a better place...for you!

I encourage all athletes, weekend warriors and couch potatoes to try a few yoga classes and see if you can reconnect with...well you. There's no 'omm' required, just a mat and your mind.