



## FREQUENTLY ASKED QUESTIONS ABOUT YOGA

### **What exactly is yoga?**

Yoga is a physical and mental exercise practice that originated in India several centuries ago. Someone who practices yoga is referred to as a "yogi" (or, for kids, a "yogini"! ). Yoga was developed during the time that Sanskrit was spoken, so traditional yoga poses and methods have Sanskrit names which have since been translated to English. There are seven traditional branches of yoga: Raja, Karma, Jnana, Bhakti, Mantra, Tantra, and Hatha.

### **What kind of yoga do you teach?**

Loving Hands Yoga and Reiki teaches a Vinyasa style of Hatha yoga. Hatha yoga combines physical exercise with mental awareness, and is the style of yoga that is most familiar to people in the Western world. The Vinyasa approach to yoga links body movement with the breath, and organizes poses into a sequential flow of movements. This helps to maximize strength, flexibility, endurance, and balance.

### **What effects does yoga have?**

Yoga improves physical fitness, strength, flexibility, balance, posture, lung function, mental acuity, and relaxation. It has also been shown to help with high blood pressure, weight loss, stress reduction, and pain relief. Results are different for everyone, but most people who practice yoga experience these benefits.

### **Is yoga a substitute for medical care?**

No. Yoga can be a good compliment to medical care but it is not a substitute. You should still see a doctor regarding any health issues you might have, and let them know that you are a yoga student so that they can advise you accordingly.

### **Is yoga a religion?**

No. Yoga is a form of exercise that also has a spiritual/meditative component. One can choose to follow the spiritual path or not. It is not necessary to follow the spiritual path in order to get physical benefit from the poses.

### **What is a typical class like?**

Loving Hands Yoga and Reiki follows the YogaFit® three phase class format - warm up phase, movement phase, and stretching/relaxation phase. Our classes are small (four students maximum) so the class environment is personal and friendly. We weave discussions about relevant yoga principles in with our practice, to expand our minds as well as take care of our bodies.

### **What if I've never taken a yoga class before?**

Welcome! Yoga is a wonderfully accepting practice that can be undertaken by anyone at any level of experience, and with any level of strength or flexibility. We start with where you are and we work from there. We do recommend that you start with one of the gentle classes, as they have a slower pace which will allow you a comfortable amount of time to get familiar with the poses.



*Loving Hands Yoga and Reiki*

Helping to Manifest...

Our Greatest Potential, Our Highest Self, Our Deepest Peace

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**What if I have an illness or an injury?**

You can still practice yoga\*. It is very important that you let us know about any illnesses or injuries you have, so that we can help you modify the poses so that your condition does not become aggravated. You will still achieve wonderful benefit from your practice, even with modified poses. If you have an ongoing illness or injury and are unable to come to the studio, we can come to your home and provide lessons there.

\* The only exception to this is if you contract a contagious illness. Then we ask you to please stay home until you are well, to protect the health of the other students.