

Yoga Cising!

— *Your grandparents do it. The celebs do it.
Health enthusiasts do it. It works!*

■ By Suzy Guttler

What is yoga?

The word yoga means “union” in Sanskrit, the language of ancient India where yoga originated. This union occurs between the mind, body and spirit, and is an exercise system that consists of a series of postures and poses combined with breathing techniques. The typical yoga workout is a blend of strength, flexibility and body awareness exercises. Besides the physical aspects of the workout, most yoga classes also include a spiritual element, like chanting, prayer, candles or incense.

Why practice yoga?

Yoga works remarkably to achieve harmony, in helping our minds work in sync with our bodies. How often do we find that we are unable to perform daily activities properly because of stress or fatigue? All these can be corrected through the wonderful yoga practice of meditation. In addition, yoga has proven to provide numerous physical benefits to the human body:

• Increased Flexibility

Yoga has positions that act upon the various joints of the body including those joints that are rarely exercised.

• Weight Loss

Yogic practices that reduce anxiety tend to reduce anxious eating. In addition, yoga deep breathing increases the oxygen intake to the body cells, including the fat cells. This causes increased oxidation or burning up of fat cells.

• Complete Detoxification

By gently stretching muscles and joints as well as massaging the various organs, yoga ensures the optimum blood supply to various parts of the body. This helps in the flushing out of toxins and leads to benefits such as delayed ageing, energy and a remarkable zest for life.

• Excellent Toning of the Muscles

Muscles that have become flaccid, weak or slothy are stimulated repeatedly through regular yoga practice.

Getting Started.

You have no excuse! The Orlando area has many reputable yoga studios that cater to the beginning student. Not to mention, its great way to meet people! Go in with an open mind, and a positive attitude, and you're sure to have a harmonious time!



Red Door Yoga

6908 Aloma Avenue
Winter Park, Florida 32792
(321) 438-0771

College Park Yoga

706 W Smith St
Orlando, FL 32804
(407) 999-7871

Full Circle Yoga

Winter Park
Orlando Florida
(407) 644-328

Lake Center Yoga - Orlando

1250 S. Highway 17-92
Longwood, FL 32750
(407) 831-2229

Erica Bouchér

817 East Washington Street
Orlando, Florida 32801
(407) 447-5497

Below are a few Dos and Don'ts for your first yoga class:

1. DO tell the teacher it's your first class (you probably won't be the only one).
2. DON'T have a big meal right before class. Try eating lightly a few hours before class starts.
3. DO familiarize yourself with some beginner's yoga poses before you take your first class.
4. DON'T drink water during class, but have some before and after.
5. DO relax, and have a great time!



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