

Yoga – Nine reasons to give it a try...

Yoga is not just another fitness fad – it's here to stay. Here are few reasons to try it out for the first time or make a return trip if you haven't attended a session in a while.

- 1) **Increased body awareness** – A good instructor will help you to tune in to how your body is feeling as you perform the movements in class allowing you to develop a better sense of how your body works.
- 2) **Posture & alignment** – Yoga helps to strengthen the muscles that can improve your posture and make your body more balanced.
- 3) **Flexibility** – Most people do not spend enough time training this aspect of their physical fitness. Participating in yoga will help you to attain adequate levels of flexibility and move more efficiently.
- 4) **Mobility** – Not only will you be improving the flexibility in your muscles, but you will also be improving joint function by relieving tension in deeper tissue connective tissue such as ligaments, tendons and fascia.
- 5) **Balance & Stability** – Some of the poses will help to improve your balance which in most people is highly undertrained.
- 6) **Muscular strength & endurance** – Supporting your body weight in certain positions will help make muscles stronger and more resilient to fatigue – in other words, you'll get more toned!



7) **Breathing** – Usually we breathe without thinking too much about it but a good yoga instructor will help draw your attention to your breath which can have a very calming effect on the mind.

8) **Time to yourself** – Despite the fact that there will likely be at least a few people attending class with you, yoga is actually a good time to slow down and check-in with yourself.

9) **Relaxation** - Usually, you will leave a yoga class feeling calmer and more relaxed than when you arrived.

Overall, yoga has the uncanny and sneaky ability just to make you feel better! Remember, there are many different forms of yoga all with varying degrees of intensity so you may have to test out a few classes to see what works best for you. Namaste.

Kathryn McKenzie - B.H.Kin, B.Ed
Certified Sport Conditioning Specialist & Personal Trainer
Phone - (204) 802-3131
Email - kate@surefirefitness.ca
Website - www.surefirefitness.ca