

YOGA ANYONE?



by Andrew Kahn
of Peaceful Presence

Walk into any waiting room, pick up any worthwhile magazine, and you will find an article on YOGA. Although yoga has been around for about 5,000 years, it has recently gained massive mainstream popularity. Why this surge in popularity? Yoga makes people feel great.

When was the last time you felt great? Very sadly, it may not have happened even on the last “vacation getaway” that promised to be so amazing.

So what is yoga? Yoga is a tried and true method of uniting mind, body and spirit that involves deep breathing, postures, and focusing of the mind. Yoga can be done anywhere and is within everyone’s grasp.

Stepping into a yoga class you are not entering into a competition. Actually, the aim is to let go of our ego and accept ourselves as we are. Each person moves with awareness and only as deeply as they feel they safely can. One learns to “listen to the wisdom of their own body.”

In a good yoga class, with an experienced instructor and gentle music, you may find yourself transported into a state of total absorption and serenity. The instructor often reminds you to, “ give your full attention to the sensation that you just created in your body.” For the moment you allow yourself to be in the “here and now”, you become the most important and beautiful person in the world.

What are some of the proven benefits that come about with a regular yoga practice? For starters, yoga develops calmness, increases oxygen to our cells, and detoxifies impurities. It increases our circulation which in turn helps to illuminate the skin with a youthful glow.

People who enjoy a regular yoga practice experience marked improvement in their overall quality of life. They enjoy improved

flexibility, balance, strength, better posture, more efficient breathing, better handling of stress, improved concentration, weight loss/toning and confidence. People suffering from medical and behavioral conditions such as arthritis, fibromyalgia, sciatica, osteoporosis, ADHD and OCD, PTSD plus numerous others conditions also show improvement.

Yoga is being used in schools, the workplace, martial arts centers, hospitals, hotels, wellness retreats, and rehabilitation centers. The most sought after therapists are using yoga techniques in speech, physical and occupational therapy. Special Ed teachers are finding yoga an invaluable aid in the classroom. This past year, the American Psychological Association recommended that Clinical Psychologists should have some yoga training to use when seeing their patients.

So even if you don’t think you are flexible, in shape, or very strong, yoga will help to develop these things over time. The yoga philosophy provides a proven holistic approach involving guidance for eating right, exercising and living well. When these things converge, good health will be reflected in your face and your true beauty will shine through.

We all aim to have a healthy, useful body filled with vitality. Toward this end the ancient discipline of yoga is guaranteed to deliver. Are you ready to show up to a great class?

Andrew Kahn is the owner and director of the Peaceful Presence Yoga Studio in Cedarhurst, NY, right here in the Five Towns. It is a place where one can practice yoga and find their specific needs met: Jewish holidays are respected, there are separate classes for men and women (taught by men and women, respectively) and there are no references to any outside religious concepts. (This is NOT the case at all studios.)

For further information visit www.peacfulpresence.com or call 516 371-3715.

