

NEW TO YOGA FREQUENTLY ASKED QUESTIONS

IF YOU HAVE ANY OTHER QUESTIONS, WE ALWAYS LOVE TO HEAR FROM YOU! DROP US AN EMAIL TO LIFELOVEYOGA@GMAIL.COM OR GIVE US A CALL OR TEXT US @ [541.390.5678](tel:541.390.5678)

WHAT IS YOGA?

YOGA IS A SCIENTIFIC, TIME-TESTED, 6000 YEAR OLD SYSTEM OF SELF-IMPROVEMENT. THERE ARE MANY FORMS OF YOGA, BUT HATHA YOGA, WHICH INCLUDES USING THE PHYSICAL BODY IN POSTURES (ASANA) AND BREATH WORK (PRANAYAMA), IS TYPICALLY THE PRIMARY PRACTICE FOR MOST WESTERN STUDENTS. THE WORD YOGA ITSELF MEANS "UNION", AND SEEKS TO BRING ABOUT A STATE OF HARMONY IN MIND/BODY/SPIRIT. THROUGH ITS RELATED SERIES OF EXERCISES FOR BOTH BODY AND MIND, HATHA YOGA TECHNIQUES ARE INTENDED TO REJUVENATE AND BRING INTO PROPER BALANCE ALL ASPECTS OF THE BODY (THE ENDOCRINE SYSTEM, VASCULAR SYSTEM, NERVOUS SYSTEM, AND MUSCULAR-SKELETAL SYSTEM), AS WELL AS ENCOURAGES INNER ATTUNEMENT TO THE PROCESSES OF THE MIND AND SPIRIT.

WHY DO YOGA?

THE TECHNIQUES OF YOGA ALLOW YOU FEEL BETTER THROUGH THE DIRECT STIMULATION OF THE PARASYMPATHETIC NERVOUS SYSTEM. ALMOST IMMEDIATELY, YOU WILL FEEL MORE RELAXED, HAPPIER AND INSPIRED; NOT TO MENTION YOU WILL START TO GAIN FLEXIBILITY, STRENGTH, BALANCE AND CLARITY! WHEN PRACTICED REGULARLY, YOGA RELIABLY INCREASES OUR SENSE OF PHYSICAL HEALTH, EMOTIONAL WELL-BEING, MENTAL CLARITY, AND SPIRITUAL CONNECTION.

YOGA IS FOR EVERYONE

YOGA IS ACCESSIBLE TO EVERYONE; REGARDLESS OF THEIR AGE, SHAPE, FITNESS LEVEL, OR FINANCIAL STATUS. YOGA CAN ALWAYS BE MODIFIED TO FIT YOU WHERE YOU ARE, AND IS ADAPTABLE FOR ALL INJURIES AND ILLNESSES. YOGA CAN RANGE FROM END OF LIFE CARE HOSPICE YOGA TO MOMMY AND ME INFANT YOGA, AND EVERYWHERE IN BETWEEN!

"WHAT DO I WEAR?"

BE COMFORTABLE AND READY TO MOVE! GENERALLY, THE SAME CLOTHES YOU MIGHT USE TO EXERCISE OR WORKOUT IN ARE APPROPRIATE FOR YOGA. TRY TO AVOID ZIPPERS AND BUTTONS, ESPECIALLY IN YOUR PANTS/SHORTS. MEN: SHORTS OR LOOSE PANTS WITH A DRAWSTRING OR ELASTIC WAIST. A TOP/T-SHIRT THAT IS TIGHTER FITTING IS BEST SO THAT IT DOES NOT FALL OVER YOUR HEAD WHEN YOU BEND OVER. WOMEN: MANY WOMEN WEAR LOOSE OR TIGHT FITTING ATHLETIC PANTS THAT HAVE A DRAWSTRING OR ELASTIC WAIST. AN ATHLETIC TOP THAT KEEPS EVERYTHING IN PLACE IS RECOMMENDED. IF YOU WEAR A SHIRT OVER THE TOP, CHOOSE ONE THAT WILL NOT SLIP OVER YOUR HEAD WHEN YOU TAKE A FORWARD FOLD.

"WHAT DO I BRING?"

IF YOU HAVE A YOGA MAT, GREAT! IF NOT, WE HAVE LOANER MATS FOR YOUR USE, AND ALSO HAVE ECO-FRIENDLY YOGA MATS FOR SALE IN OUR ECO-BOUTIQUE. ALL PROPS ARE PROVIDED. THERE IS WATER AVAILABLE, BUT WE ENCOURAGE YOU TO BRING YOUR OWN WATER BOTTLE TO HELP REDUCE WASTE!

"I'M TOO TIGHT TO STRETCH"

ISN'T THAT WHY WE WANT TO HELP BUILD FLEXIBILITY? ONE OF THE COMMON MISCONCEPTIONS ABOUT YOGA IS THAT YOU NEED TO ALREADY BE FLEXIBLE TO DO IT. HOWEVER, YOGA TRULY IS FOR EVERYONE, AND WE HAVE A VERY WIDE RANGE OF CLASSES FOR ALL LEVELS AND ABILITIES. YOGA IS ABOUT LETTING GO OF YOUR INHIBITIONS AND EMBRACING YOUR TRUEST FORM OF SELF, SO DONT LET YOUR TIGHT HAMSTRINGS HOLD YOU BACK! (AND WE BET THAT THEY WILL NOT BE SO TIGHT ANYMORE...) THE FIRST STEP IS SHOWING UP.

"I FEEL SELF CONSCIOUS ABOUT COMING TO A CLASS. I AM NERVOUS ABOUT FEELING OUT OF PLACE." WE WANT TO SEE YOU. YOGIS COME IN ALL SIZES AND SHAPES. AND IN TRUTH MOST EVERYONE ELSE IS JUST AS SELF CONSCIOUS. THE FIRST STEP IS SHOWING UP!