

Yoga is everywhere today!

To me, what makes yoga so appealing is that anyone can practice yoga—any age, fitness level, health, body weight or religion.

Yoga means "to yoke", "to unite", "to be whole". It is an ancient philosophical discipline harmonizing the mind, body and spirit. For the mind, it improves memory, concentration and steadies the emotions. On a physical level, it strengthens muscles and brings balance and vitality. On a deeper level, the practice of yoga leads to self-awareness and liberation.

Yoga has survived and thrived for thousands of years and will continue to evolve, and to retain its essence. Yoga's ability to integrate and assimilate all backgrounds and cultures makes it unlike any other experience.

Stretch, sweat, and breathe your way to a leaner, more flexible body, with stronger more supple muscles, tighter abdominals, a calmer mind, and a more open heart.

My personal favourite styles of yoga are:

Hatha: this is particularly suitable for beginners, and anyone who wants a gentle workout. The postures and positions stretch and strengthen a muscle group—according to the level of the class—and the class also begins and ends with breathing exercises and relaxation. Hatha is an excellent introduction to the whole concept of yoga.

Iyengar: this style of yoga is a little more challenging. It includes a series of standing postures that focus on quality over quantity, as well as precision and alignment, and often incorporates physical aids like straps and blocks. It also is great for beginners as it emphasizes proper body alignment and focus—the key to all yoga.

Ashtanga: Beginners beware. This fast and vigorous yoga is for experienced exercisers who want a serious workout. Advanced ashtanga requires daily practice and is very dynamic and playful. The inexperienced can risk injury, so it's best to try some of the gentler styles and work toward the more challenging ones.

More than anything...live free!