

Welcome Beginners to Yoga!

Quick "housekeeping" notes ... This website contains information designed to enhance your well-being. However this website is not intended as a replacement for medical advice or treatment. Please execute common sense, listen to your body messages and respect your physical limitations in attempting all of the exercises. If you have any questions, please contact your health care professional.

YogaEverywhere is designed to complement your own yoga program "off line". As with all self-study, it should be pleasurable and user friendly, not stress provoking. Everyone's body dynamics are different so start off easy to make sure each exercise works for you.

YogaEverywhere shall not be liable for any direct, indirect, incidental, special or consequential damages resulting from use or the inability of use the information provided on the YogaEverywhere.com website. Below is a great article that will help you as you begin a daily practice of yoga and then 10 simple guidelines for a lifetime of practice.

Why Practice Yoga

By Jon Burras

The last few years has seen a substantial rise in the popularity of yoga. While this recent trend has brought many new comers to the yoga experience there is often some confusion as to the benefits of yoga. The following is a brief summary of the many benefits that yoga can offer.

1. Flexibility

One of the primary benefits of a regular yoga practice is that one is able to develop a body that is more flexible. Reaching down to touch one's toes or extending an arm up to grab an object become much easier. With flexibility comes overall ease of movement in normal daily activities.

2. Anti-aging

Aging does not have to be what is portrayed by the media and the traditional medical

model. Yoga helps one age gracefully, keeping the joints fluid and open, allowing movement to be fluid and pain free. Skin is refreshed and organs are balanced as the forces that add to our normal aging are reversed. The common stiffness usually found in those who age poorly is avoided.

3. Breath

Yoga brings attention to the breath. Deep regular breathing and postures that gently elongate the muscles of respiration allow the breath to deepen and slow down. Increased amounts of oxygen are able to reach cells and revitalize the tissues. A slower and deeper breath aids in relaxation and calmness.

4. Strength and tone

Muscle tone and strength are achieved by utilizing the body's own weight to provide resistance. This helps in firming and shaping the overall body appearance as well as providing the necessary strength for daily activities. Conditions like Osteoporosis are avoided as bone growth is greatly enhanced.

5. Balance

Balance is not something that most people think about until they have trouble standing upright. What many elderly fear greatly is to lose their balance and slip and fall. Yoga helps to stabilize us and provides a solid sense of balance. This insures that we are well grounded and not as prone to falling or slipping as we age.

6. Focus

Many people are scattered and disoriented in their normal waking lives. Yoga helps to bring us back to a focal point to become clear with our goals and intentions. As we become focused we are better able to witness ourselves and achieve our goals.

7. Expansive movement

Most of the movement in our culture is contractive in nature. This means that we move to tighten up and harden ourselves. Unfortunately, this is what stress and repression are already doing to us. Yoga is a system of expansive expression that allows us to counteract the forces of stress and repression in order to expand through our bodies.

8. General health

For those accustomed to grabbing a pill every time they are uncomfortable, yoga offers another solution. A regular yoga practice brings life and energy to the body, improves overall circulation, as well as increases organ and gland functioning. As you stretch through

the body the various systems of the body begin to have a greater capacity to function fully.

9. Cosmetic results

People often report that they feel and look better with a regular yoga practice. They are able to trim down and feel strong and toned. This helps to build confidence and radiance about one's body.

10. Body self-discovery

The story of our lives is often held within the body. Every fall or accident from the past is stored within our musculature. Yoga begins to strip away the layers of holding to release old patterns. In this manner yoga becomes a marvelous tool for healing. Old and restrictive patterns of movement are replaced by more dynamic and natural ways to move.

11. Metaphor for life

What do you do when difficult sensations or emotions show up in your life? Do you face this adversity or run away? Yoga becomes a metaphor to show us new ways to work through challenging sensations and emotions. We are encouraged to accept what we are feeling rather than to run from these feelings.

12. Relaxation

Most people find it very difficult to relax. They are wound up nearly always and seldom let their guard down. Yoga offers us an opportunity to unwind and melt away the tension and stress that keep us locked up. As we do so we are able to allow the body to heal itself.

13. Energy flow

There is a natural flow of energy that travels through us when we practice yoga. This is like an electric current that touches every cell. As the connective tissue of the body opens up the blockages that prevent energy from flowing are released. In this manner we become more open to removing these blockages.

14. Removes toxins

As we move and sweat through the yoga practice toxins are released and flushed out. This occurs through the skin, breath, and the lymphatic system. Once released, we are free to allow new nutrients in to nourish us.

With over two decades of training and practice Jon Burras enjoys allowing nature to be his greatest teacher. Jon is a certified body worker, yoga therapist, and body/mind therapist. He blends a number of different modalities in an attempt to unite the body, mind, and spirit. To learn more about Jon, please visit him at JonBurras.com .

Modifications

YogaEverywhere may modify exercises, postures and format from time to time in its sole discretion. Each time you log on to YogaEverywhere.com, you will be deemed to have accepted any such changes. Our guidelines on the next page will help beginners and those with physical limitations to modify their own practice for their bodies.

10 Important Guidelines for Practicing Yoga

1. The most important lesson is to learn to listen to your body. We do this by paying attention to the breath. Stretches are only distractions to retrain your body to breathe with more ease.
2. Don't engage in negative dialogue with yourself as you explore the poses.
3. Practice compassion towards yourself and others. No judgments or expectations.
4. When you feel discomfort or pain, stop. Yoga is about sensation, not pain.
5. If you feel dizzy, nauseous or feel any tingling or numbing sensation while practicing, stop.
6. If you are pregnant, please visit our Yoga for Pregnancy pages.
7. Drink lots of water after your yoga practice.
8. Don't take it too seriously, it is vitally important to have fun!
9. Make YogaEverywhere your homepage.
10. Use your breath to tell your friends about this site by email or Facebook or Twitter.