

## Yoga



## What is yoga?

Yoga is a series of poses designed to build:



Strength



Flexibility



Balance



Focus



Relaxation

## Benefits of yoga?

Yoga practice can last as little as 5 minutes or upwards of an hour  
Yoga can be performed fully seated or be a dynamic practice  
Yoga is a suitable for all because it can be tailored to fit your ability level  
In yoga you are encouraged and reminded to listen to your breath and body

“But I can’t even touch my toes!”

## Common misconceptions about yoga

**You do not have to go to a studio to do yoga!**

Yoga can be performed in your own home or even at your desk at work or school

**Yoga is not all handstands and pretzels!**

Yoga can be scaled to any ability level

**Yoga does not have to be done in a heated room!**

Only Bikram yoga is done in a heated room

**You do not have to be flexible to do yoga!**

In fact, you need yoga the most in you are inflexible

**Yoga is not only for women!**

Yoga is performed by men, women, children, athletes, seniors, you can even do yoga with your baby or your pets!

## Try This!



Yoga can be as simple as sitting in a comfortable position, closing your eyes and taking 5 long, mindful breaths in and out of your nose. Take note how much more relaxed you feel after!

Too easy? Try to balance on one leg for 5 long, deep breaths.

## How to get started?

- Start slow and build up your practice as you feel more comfortable. Don't worry about holding a pose for the entire time shown, do what you can and build from there.
- Check in with your breath throughout your practice: is it slow and controlled or is it quick and jagged?
- Use your breath to tell you whether your practice is at the right level for you.
- Set an intention: set your goal for what you want to get out of your yoga practice.
- Explore the different opportunities to do yoga in your home or your local community.
- Bring a friend!



## Helpful Resources

Try it at home! For kids and adults!

<https://www.gaia.com/yoga/practices>  
<http://www.cosmickids.com/>

Check out your local YMCA, a community recreational facility or a studio near you to find yoga classes for the whole family!

<http://ymca.ca/>