



## Yoga at the Mardyke

### What Are the Benefits of Yoga?

**Flexibility:** Stretching your tight body in new ways will help it to become more flexible, bringing greater range of motion to your hamstrings, back, shoulders, and hips.

**Strength:** Many yoga poses require you to support the weight of your own body in new ways. Some exercises require you to move slowly in and out of poses, which also increases strength. As a by-product of getting stronger, you can expect to see increased muscle tone. Yoga helps shape long, lean muscles.

**Pain Prevention:** Increased flexibility and strength can help prevent the causes of some types of back pain. Many people who suffer from back pain spend a lot of time sitting at a computer or driving a car. That can cause tightness and spinal compression, which you can begin to address with yoga.

**Better Breathing:** Most of us breathe very shallowly into the lungs and don't give much thought to how we breathe. Yoga breathing exercises teach us how to better use our lungs, which benefits the entire body.

**Stress Reduction:** Physical activity is good for relieving stress, and this is particularly true of yoga. Because of the concentration required, your daily troubles, both large and small, seem to melt away during the time you are doing yoga.

**Body Awareness:** Yoga will give you an increased awareness of your own body. You are often called upon to make small, subtle movements to improve your alignment. Over time, this will increase your level of comfort in your own body.

### Course Descriptions

#### HATHA YOGA

About 1,000 years ago, Hatha yoga developed as a complement to the classic approaches by means of physical asanas (Yogic postures) and deep breathing techniques.

Hatha can, therefore, be seen as a practice that bridges traditional yogic philosophy with modern approaches such as proper postural alignment. It offers methods for controlling the mind and easing the spirit while performing asanas and stretching exercises. No previous Yoga experience necessary.

#### ASHTANGA YOGA

Ashtanga Vinyasa Yoga is a dynamic form of yoga which promotes strength, flexibility, endurance and clarity of mind. Each class combines postures and the use of breath for a flowing class. Our Instructor Kathryn Moynihan explains her Ashtanga teaching style:

"Its a fast paced class with focus on alignment/breathing/lots of movement and vinyasa yoga is all about diversity so i like to challenge the students each week into trying different things and also approaching the practise from a different perspective each week. It's not all about improving flexibility, its about building strength, improving your breathing, become more meditative in the poses and finding focus & concentration and last not but not least if your just looking for a general all round work-out then its good too"