

# Enjoy Yoga For Health As You Age

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Yoga is a wonderful form of exercise and assists in controlling and balancing various aspects of the body and mind. Yoga helps you in the control of your Central Nervous System and more. Enjoying yoga will promote many positive changes including a boosted self-esteem, a reduction in stress levels as well as discovering strength in your body and improved overall health. For more than 5000 years, people have enjoyed yoga. Yoga derived from the Indian nations, and through time has now allowed many people in the western world take control of their body and mind. Yoga when enjoyed on a regular basis is a great method to help you with the many pressures of today's society. Yoga combines spirituality, exercise, positive thinking, breathing and so on to help you enjoy healthy ageing.

## The Benefits of Yoga

Yoga is a valued practice for many people worldwide. Yoga incorporates fitness, health, gymnastics, and training in a set of rules. Yoga helps you to maintain or lose weight along with strengthening and toning to the muscular system. Yoga is a stress reducing machine. Yoga will train your mind, as you learn to control your thoughts through meditation and breathing. Breathing correctly is essential to mastering yoga. When you practice this form of exercise, you are connected with your inner self. You learn to balance your mind and body, which leads to good health.

Through practicing yoga, your emotions are also controlled, meaning that fears, doubts, and other negative influences will not take control of your life. Rather you will have control. As you practice yoga, you will feel comfortable with both yourself and others around you. The world will become yours, as you learn to communicate effectively and stop sweating the small stuff.

As there are many forms of yoga, be aware that some types of yoga training may not be right for you. Sometimes you may have to modify the workouts to benefit your body type and to withhold the workout suited for your strengths. You have to determine the beginners level in whatever yoga form you participate in, and allow to progress naturally. Your instructor will provide you with the necessary steps to receive the utmost benefit to you and your body.

## How To Get Started With Yoga

The first thing you should do is seek medical approval from your practitioner. Make sure you are able to enjoy the type of yoga you choose. Start out slowly and progress only when your body is comfortable. Guide your way into mediate exercising. Yoga will put you in connection with your spiritual side, so prepare to find a new you.

When you first begin yoga, perhaps you would benefit from joining groups that practice yoga at the appropriate level. The group sessions will inspire you to continue your journey to healthy ageing. Having support is essential for all of us, and these yoga groups can become your support team on your journey. If you cannot find a group in your area, visit your local library. You can also purchase books, videos and dvds that provide instruction on how you can both enjoy and benefit with yoga.

## Where do I go after learning yoga?

After you have taken the steps to get started and learn and discover the correct methods to perform the yoga exercises, you will need to find a quiet area where you feel comfortable. You want to avoid interruptions while practicing yoga to receive the most benefit from your workout. As yoga involves both physical and mental connection and balance, the benefits from the meditation and breathing will be tantamount to your results, stimulation and healing.

When will I notice the change in me?

Be patient. As with almost everything in life, you may not notice a change right away. It takes time to notice or feel the changes. If you practice yoga on a regular basis changes will occur gradually and soon you will be amazed how your emotional and spiritual connections will begin changing your life in leaps and bounds. Keep in mind that yoga is teaching you how to control your mind, body and emotions.

Work with yoga and yoga will work with you. Yes, promote healthy ageing with the benefits of yoga.

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