

U3A TWEED COAST Inc. - YOGA (BEGINNERS)

with Lynda Tait – Monday 11.30 a.m. – 12.45 p.m.

Venue : Cudgen Leagues Club

N.B. : CLASS FULL 2nd TERM 2018

YOGA

POSTURES. Yoga postures build a strong, healthy and well-toned body. They also promote body awareness.

BREATHING. Proper breathing is necessary when practising the postures. Coordinating breath with movement ensures maximum benefits. A very peaceful inner state can be achieved by sitting quietly and focusing on the breath. It is a natural tranquilizer.

RELAXATION. The most important part of doing the postures is learning to relax into them. It is at this point that change occurs. The letting go of muscle tension will not happen automatically so do the postures with awareness and allow this relaxation to take place.

MEDITATION. Meditation is not something you do separately from yoga practice. It is **how** you practise, with concentration and awareness. Feel every muscle move and stretch and keep your mind on what you are doing. Yoga done with awareness is meditation. This is what makes the postures “yoga” and not merely “keep fit” exercises.

BENEFITS OF YOGA. Yoga will keep you healthy because it integrates and balances all the body systems. It keeps the muscles supple, stretches the spine, strengthens the muscles and massages vital organs. The postures should be done in unison with the breath by relaxing into them with the exhalations. This allows tense muscles to soften and stretch and tension to drain away. At the same time relaxation messages are sent to the brain and bring about a body/mind harmony and heightened awareness. In a general sense yoga is also an excellent form of preventive medicine and will help keep you in good shape for many a year.

Much research has been done which shows the therapeutic effect of the many yoga practices on the different body systems.