

IYENGAR – YOGA FOR ALL



All bodies are unique and have different strengths as well as weaknesses. Learning how to practice each pose correctly makes for a happy experience. According to a 2016 study in the *Yoga Journal* and the *Yoga Alliance*, more than 20 million people across the U.S. are practicing yoga these days.



Yoga helps improve the overall functioning of the body, from the circulatory and lymph systems to the nervous system and digestion. When the body's systems are working at their best capacity, organs are nourished, toxins are eliminated, and the risk of some diseases decreases. Iyengar yoga is considered one of the most practiced forms of yoga in the world.



What makes Iyengar yoga unique? It emphasizes tradition over trends – focusing on purity of pose and ongoing learning. Iyengar can be practiced by everyone regardless of age and ability. Iyengar yoga pays significant attention to the technical alignment of poses in 3 ways: alignment, sequencing, and timing.

Alignment - maintaining an intended pose while respecting the body's boundaries. Props are used to assist students

within an asana (another name for the poses or postures of yoga) without putting them at risk of injury.

Sequencing -the order that the postures are practiced. This enables a safe and structured progression of the poses, along with the 'opening' and balance of the physical and emotional body.

Timing- poses are held for longer periods of time. When stability is achieved in a pose, it's then possible to safely intensify the depth of the posture. This helps develop strength and flexibility, along with sensitivity and awareness between the body and mind.

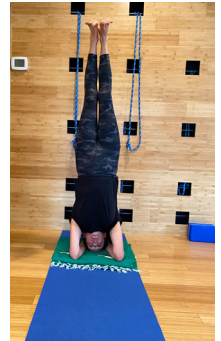
Iyengar yoga is also unique in the extent of training involved to become a Certified Iyengar yoga teacher (CIYT). Teachers must undergo strict and in-depth training of three years before they get their first certificate. Afterward, their training is ongoing according to standards set by the various Iyengar Associations in the world

and supervised personally by the Iyengars in Pune India. CIYTs maintain a regular personal practice and are required to complete continuing education hours each year to continue their learning. Once a certain level of learning has been reached, students must visit India for a month and practice yoga all day.

Don't let your yoga practice be a pain in the ASANA.

Yours in Fitness,
Helen

Helen's love of fitness began at an early age. She practiced dance, gymnastics, as well as, track and field. She's an Exercise Physiologist with over 35 years of experience. She is also a certified personal trainer, corrective exercise specialist, nutrition consultant, and Senior fitness specialist. Owner: Unique Health & Fitness



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