

YOGA

What is it? How to begin a practice...

What is Yoga

Yoga means “UNITY” or “YOKE”

Like a vehicle to get you from one point to another in a general sense.

Yoga encompasses many different practices within its broad definition.

From physical postures to meditation and breathing exercises and even a way of life.

How to begin

By reading this you have already begun the practice. Because yoga is about looking inward and it's a beginning. It's also the end, and however a continuous aspect of our lives.

The practice involves learning tools to help you understand your inner self and see it with clarity. Doing this inward focus and almost selfishness practice will inadvertently shift your external perception of reality without any effort needed, except to do the practice continually. With time you will see that what was once perceived as selfishness will no longer be a selfish one but one full of gratitude.

What tools to begin practicing

The most important aspect of the practice is our awareness of our breath! The complete focus on controlling every respiration during a practice is the most difficult thing you will encounter during this journey, however, it does get easier with practice.

The breath in yoga is called “PRANA-YAMA” and it means LIFE FORCE RESTRAINT.

You can find breathing techniques under the “Veteran Resources” tab as well as many other videos about iRest, Meditation, and Physical postures.

Tips

Worry less about the postures and more about the breath!!! This is key!

Don't ever push yourself into a place of PAIN! Everything should feel delicious in yoga. If you find yourself grinding your teeth, that is a pro tip that you are pushing yourself too far! Back out a little bit.

Some yoga tools are weird at first, some you may hate! This is all about learning what works for you, so try to focus less on thinking and more about breathing this will help you find comfort with what you are doing.

Its okay not to have an amazing practice every time. Sometimes they suck and it's an opportunity to learn something about ourselves regardless.

Always Remember

Yoga is about learning!

Yoga is about looking inward!

Yoga is about calming the fluctuations of the mind!

Yoga is about breath and life!

Yoga is about YOU! NOT, about the teacher/ instructor. Not about the person next to you either! It's your practice!

Be Patient! Everything will come with time and practice! Be Positive, it's not a competition.