

Hesitant to Try Yoga? Ditch the Excuses and Find Out What it Can Do for You!

Whether you suffer from pain, stress, or just want to get in shape, Yoga can help. The problem is, many people are hesitant to try Yoga. Walking into a Yoga class can be a daunting experience if you haven't done it before. You may even find yourself making excuses not to try Yoga. Below we outline the three most common reasons people give for not trying Yoga, and some reasons why you might want to reconsider.

I'm Not Flexible Enough.

By far the most common excuse for not trying yoga is "I'm not flexible enough". But you don't have to be flexible in order to enjoy Yoga. In fact, Yoga is one of the best things you can do to improve your flexibility. Most people who try Yoga feel younger and move more fluidly almost immediately; and the more you practice the better you'll feel. There are modifications that can be made to accommodate your body, and the pose should always be steady and comfortable.

I Don't Have Any Experience.

The idea of trying something new can scare people off. You may think you should have a certain amount of experience before you ever step into a Yoga class, but the fact is we all have to start somewhere. Good Yoga studios offer a variety of classes that accommodate people of varying skill levels, ages, shapes and sizes. If you're not ready to step into a class, look for a workshop that introduces beginners or those wanting a deeper knowledge of Yoga to the Yogic experience. Once you're ready to come to a class, introduce yourself to the instructor and tell them about any injuries, fears, or concerns. Good Yoga classes are like a game of Simon Says. The instructor will teach by demonstrating each pose and giving breath and movement cues so you can easily follow along.

I Tried Yoga Once; It Was Too Hard.

If you tried yoga before and it just didn't click, please don't give up on it entirely. There are many different types of yoga classes, and even more studios and teachers than you could possibly imagine. Maybe the style, teacher, or studio you tried just didn't mesh with you. Do your homework and shop around until you find your fit. Read about the studio online or call and talk to the teacher. Visit the studio and try a class and you'll be on your way to finding your perfect yoga home.