



BEyogafit

“Y” Yoga

“The impact of yoga is never purely physical. Asanas, if correctly practiced, bridge the divide between the physical and the mental spheres. Yoga stems the feelings of pain, fatigue, doubt, confusion, indifference, laziness, self0-delusion and despair that assail us from time to time... Yoga illuminates your life. If you practice sincerely, with seriousness and honesty, its light will spread to all aspects of your life.”

- B.K.S. Iyengar

Yoga for Mind, Body & Soul

THE UNDERPINNINGS OF YOGA

(An excerpt from “the yogafit athlete” by Beth Shaw)

In the last twenty years, yoga has exploded in popularity. But yoga has been around for centuries; it’s only “new” to Westerners. Yoga combines a wealth of practices that build a better body and a stronger mind using physical movement, breath control, and meditative focus. When it emerged in India more than six thousand years ago, it was aimed to train the body to sit still and meditate for long periods of time– image that mental strength! Over time, it became a system of psychological and physical practices to create greater health, mental awareness, and balance. Different forms and techniques evolved; at YogaFit..., we teach the “hatha yoga tradition of the vinyasa style.”

Hatha is a Sanskrit word that translates to “force” or “physical,” but it can be broken down poetically into the *ha* and *tha*. *Ha* represents the masculine, solar or energizing qualities, and *tha* represents the feminine, lunar or relaxing qualities. Hatha invokes the balance of opposites. The technique of vinyasa, meanwhile, means “to place in a special way,” and YogaFit focuses on linking poses together to create strength, flexibility, endurance and balance.

Strength, Flexibility, Endurance & Balance