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Yoga is Good for the Mind, Body & Soul

*Content provided by Soo Bahk Do
Karate & Wellness*

Yoga is a great practice to explore when looking for ways to increase strength, flexibility and relaxation in the mind and body. These are only a few of the benefits that one can experience and anyone can do it!

Yoga, which is comprised of postures, breathing and meditation, has been around for over 5,000 years. While


there are many styles of yoga, hatha yoga focuses on these areas while providing the opportunity to show compassion to the self. This allows a hatha yoga practice to be appropriate for all levels, from the beginner to the experienced yogini.

There are many myths that surround yoga and meditation that prevent individuals from visiting a class. These include thinking they are not flexible enough, strong enough, don't have any balance, and they can't slow down their mind. These should never prevent someone from trying a yoga class. Many find that after only one class they feel more relaxed and their sleep improves. After a few yoga classes, some are surprised at how quickly their balance and flexibility increase. The key is to find a class that best fits your needs and learning level.

Soo Bahk Do Karate & Wellness offers such classes. Classes are led in an open and friendly atmosphere. The nurturing and supporting space permits each student to explore what movements work best for them. Variations are offered so each student is able to modify the posture to their own body and comfort, as well as make a pose easier or more challenging. Classes include yoga postures, guidance on breathing and short meditations, to help raise awareness to both the body and breath, and to promote relaxation. Yoga flows are built upon to build strength, balance, and flexibility. Techniques are also offered for students to take out into their daily lives to invite their yoga practice off the yoga mat.

To learn more about the Soo Bahk Do Karate & Wellness yoga and meditation classes, as well as their karate classes, please visit www.karate4peace.com or call 908-963-6365.

About the Writer: Shari Czar is a Certified Yoga Instructor in Kripalu/Hatha yoga. She also teaches meditation and chakra work. Shari teaches yoga and meditation at Soo Bahk Do Karate & Wellness located at 630 Valley Road in Gillette.



Soo Bahk Do Karate & Wellness

<p>ADULT KARATE CLASSES NOW FORMING!</p> <p>Confidence Self-Defense Endurance</p>	<p>INTRODUCING YOGA & MEDITATION CLASSES</p> <p>Flexibility Strength Posture</p>
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