

Yoga for Healing

by Tony Bishop, E-RYT



Regardless of your age or physical condition, when you experience a challenge with your body or mind, there are essentially three approaches from which to choose: Withdraw and give up, attack the problem head-on (randomly and without planning), or move forward positively and methodically, actively strengthening and making every movement as normal as possible. 86-year-old Dick Van Dyke was asked a few years ago during his latest appearance in "Mary Poppins" on Broadway what his secret was to keeping moving. He simply said, "Keep moving." Always go back to basics. That's why many use yoga in physical therapy programs, many surgeons have their recovering patients practice yoga regularly, and why Dr. Mehmet Oz, along with countless other physicians, insists on teaching his patients yoga.

A word which is becoming popular as of late is Ayurveda, or originally "Ayur-Veda." This is a Sanskrit word meaning "life science," or the ancient (and effective!) application of yoga practice as medicine.

Yes, yoga practice can be very healing. And you don't have to be a master of yoga to receive great physical and mental benefits. Virtually anyone can have amazing, positive results from practicing yoga. From deeper, better, fuller awareness of breathing to healing a severe injury — yoga works!

(If you have any reason to hesitate due to health issues, always consult with your physician before beginning yoga or any other physical program. Everyone's situation is unique.)

We are so blessed at our yoga studio to share physical breakthroughs and improvements with our students daily. Some dedicated yogins have improved their cholesterol levels, lowered blood pressure, and seemingly doubled their lung capacity with practice. Personally, I have healed a knee injury from sparring in Kung Fu years ago. One of our premier yoga instructors, Tyler Franz, has healed numerous knee surgeries from years of high-impact sports, through yoga. One of my favorite success stories involves Jan Trabue, who has been practicing Hot Yoga for three years. Among the issues she was dealing with when starting yoga was a history of heart palpitations. Within just a few weeks of beginning her practice, her heart palpitations completely stopped! The list could go on and on.

The definitive element is consistency. Yoga practice is best when done every day, although once or twice weekly is definitely a step in the right direction!

Like the deep calm of the ocean and its rhythm of waves, yoga creates "flow" within the mind and body to assist with the following: stilling the mind; deepening and slowing breathing; reducing stress, anxiety, and depression; improving blood glucose levels; higher self confidence; discipline; contentment; greater willpower; cardiovascular health; weight loss/control; reducing abdominal fat; increasing flexibility; improving balance; improving range of motion and mobility; sharpening mental focus and concentration; tremendously strengthening the muscles (shoulders, arms, chest, core, back, legs); sculpting the body; increasing bone density; lengthening and strengthening tendons and ligaments; improving circulation, particularly in the hands, feet, fingers and toes; reducing menstrual and menopausal symptoms; greatly improving digestion/elimination; better hydration and awareness thereof; reduction of muscle tension, spasms, and tension headaches; better and more restful sleep; improved motion and lengthening in the spine with scoliosis; reducing pain and increasing movement of arthritis and fibromyalgia; improving function of internal organs; and simply making your life better!

With continued yoga practice, advancements bring about more and deeper abilities such as employment of the "bandhas" of the body: deep muscular locking techniques, which can have awesome health benefits with dedicated breath (pranayama) practice. Add to your increasingly skilled physical and mental yoga techniques by using nutritional yoga-inspired diet choices, including plenty of water — and you are on your way to true health and fitness. For now, God bless and namaste!

Enjoy our

April Pause for a Pose:

Savasana (total relaxation, "corpse" pose)

This is possibly the most important pose in all yoga practices. Lie down on a mat or soft thick towel on the floor, face up. Close your eyes, palms up, hands next to your hips, allow feet to fall out in external rotation. Breathe slowly, deeply, then naturally. Allow the eyes to roll softly and slowly within the closed lids. No stress. No expectations, no pressure to do this "right" — right is what works for you at this time, not a prescribed position. Place towels or bolsters under knees or lower back. You may bend the knees. Simply soften everything, let go, and think of good things as you pray or just have some disconnection with the outside world. Stay and deepen your relaxation. Listen to the breath! No rush, no time limit.

About the Author:

Tony Bishop, E-RYT/ RYT/CYT is director and chief instructor with Hot Yoga Bowling Green. He is certified in Hatha Yoga instruction, yoga teacher training, yoga personal training, yoga coaching, PowerHouse Pilates instruction, Spinning, Sil lum Kung Fu, Tai Chi exercise, and is experienced in many other forms of exercise training. He is registered with the Yoga Alliance, is a graduate of Sunstone Yoga Schools teacher training programs, and has more than 2,500 hours of yoga teaching experience. For more information, visit www.hotyogabowlinggreen.com, email hotyogabg@yahoo.com, or contact Tony at (270) 793-0011, 730 Fairview Ave., Suite C-2.



yoga is healing

not just a feeling

HOT
YOGA™

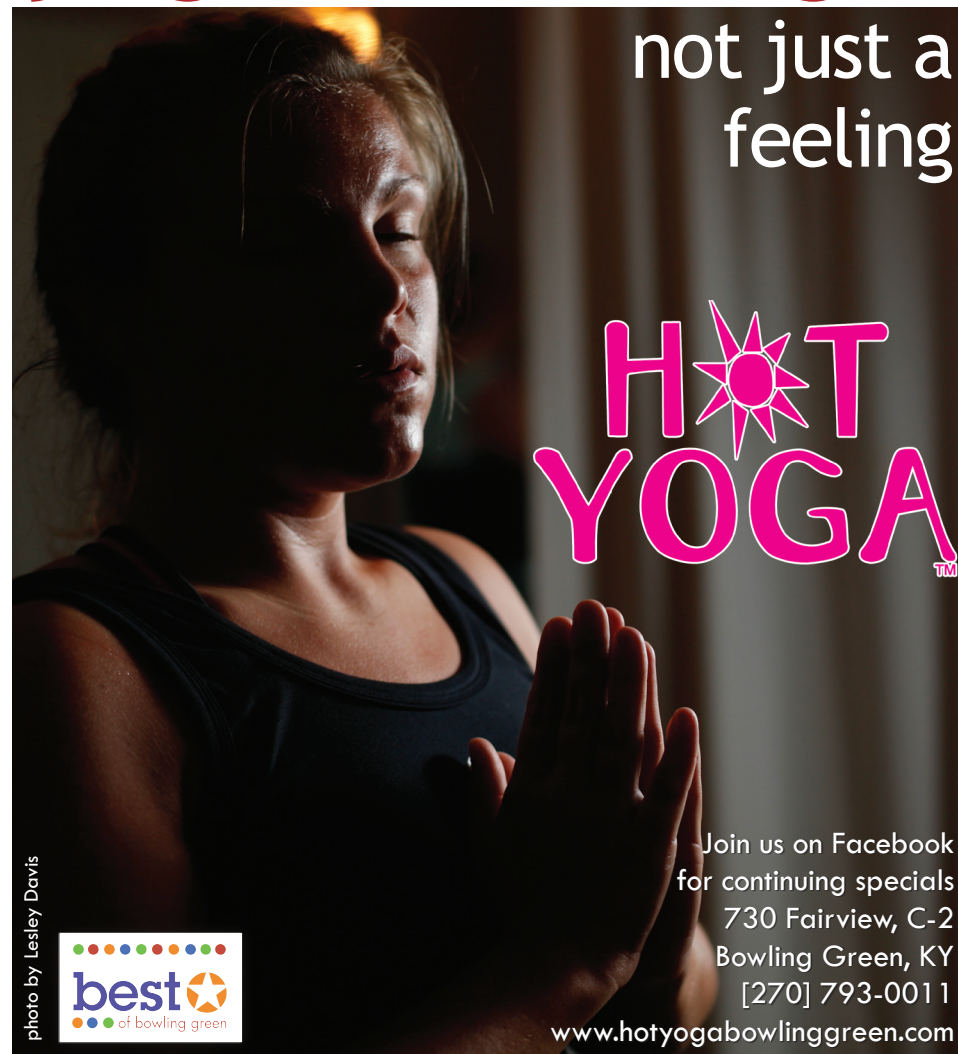


photo by Lesley Davis



Join us on Facebook for continuing specials
730 Fairview, C-2
Bowling Green, KY
[270] 793-0011

www.hotyogabowlinggreen.com