



Yoga FAQ's

Yoga is Not a Religion

While the complete forms of yoga include meditation and other spiritual practices, it is not a religion and is mainly known in the West simply as a form of exercise. Most yoga teachers in the U.S. don't do any form of chanting, except for the occasional "om" which can be heard at beginning or end of class. The word "om" or "aum", while it derives from the Hindu faith is suitable as an expression for peoples of all religions as it simply an acknowledgement of creation, universal consciousness and/or God, depending on how it's defined.

Yoga is All About Breath

The core of yoga is about long, deep breathing, in and out through the nose. This has major health benefits, especially when combined with yoga's various poses and postures. "Ujjai" breathing is practiced with the throat slightly constricted which causes a bit of a windy sound. The purpose is to control and channel the air flowing in and out of the lungs. Keeping continuous breathing patterns is more important than how deep one holds a pose. One of the basic facts about yoga — it's about the breath!

Yoga is Non Competitive

Even though we often compare ourselves to the person on the mat next to us, it's really unnecessary. Everyone has a different level of flexibility and so they'll naturally find their limits. Not everyone is able to do postures to the same level of perfection as someone else and there's simply no need to concern yourself with keeping up with others or with achieving "perfection" in a pose.

Yoga is Safe

Just about anyone can practice yoga, from children all the way up to senior citizens. While beginners might want to avoid Ashtanga or Power Yoga, the basic ethics of our yoga classes is "go at your own pace." Care and caution should always be practiced when doing any form of exercise and yoga is perfectly safe for all levels of flexibility. In other words, your yoga teacher isn't going to make you try to put your foot behind your head the first time you go to class.

Yoga Originated In India

Not everyone knows this, so it's worth mentioning for newbies. Supposedly there are stone carvings going back 5,000 years showing various yoga poses. It's safe to say that while yoga originated in India, it's really a global movement and there are likely more people practicing it outside of India than inside (but don't quote me on this).