

Jules Yoga

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## FAQ's

### **What kind of Yoga do you teach?**

My yoga is a blend of many different styles. It is predominantly Hatha yoga referencing a set of physical exercises known as *asanas* or postures. The sequence of *asanas* is designed to align your skin, muscles, and bones. The postures are also designed to open the many channels of the body (especially the main channel, the spine) so that energy can flow freely.

Hatha is also translated as *ha* meaning “sun” and *tha* meaning “moon.” This refers to the balance of masculine aspects; active, hot, sun and feminine aspects; receptive, cool, moon within all of us. Hatha yoga is a path toward creating balance and uniting opposites. In our physical bodies we develop a balance of strength and flexibility. We also learn to balance our effort and surrender in each pose.

Hatha yoga is a powerful tool for self-transformation. It asks us to bring our attention to our breath, which helps us to still the fluctuations of the mind and be more present in the unfolding of each moment.

### **Is Yoga a Religion?**

Yoga is not a religion. It is a philosophy that began in India an estimated 5,000 years ago. The father of classical yoga is said to be Patanjali, who wrote the Yoga Sutras. These scriptures provide a framework for spiritual growth and mastery over the physical and mental body. Yoga sometimes interweaves other philosophies such as Hinduism or Buddhism, but it is not necessary to study those paths in order to practice or study yoga.

It is also not necessary to surrender your own religious beliefs to practice yoga.

### **I'm not flexible, can I do Yoga?**

Yes! You are a perfect candidate for yoga. Many people think that they need to be supple and flexible to begin yoga, but that's a little bit like thinking that you need to be able to play tennis in order to take tennis lessons. Yoga practice will release fascia (soft tissue, ligaments and tendons) and increase the range of motion in the joints allowing you to move around more freely.

This newfound agility will be balanced by strength, coordination, and enhanced cardiovascular health, as well as a sense of physical confidence and overall well-being.

### **Can Yoga improve your posture?**

Yoga improves muscle tone and strength throughout the body. If it is practised in the correct way it teaches you how to move without putting too much stress on specific muscle groups and create balance in the spine. Many of us suffer from the effects of repetitive movements in everyday life and the practice can re-programme our bodies to support the spine and skeleton.

### **How many times per week should I practice?**

Yoga is amazing, even if you only practice for an hour a week you will begin to feel the benefits of that practice. If you can do more than that, you will certainly experience more benefits. I suggest starting with a class or two a week and then building in some personal practice time once you feel confident to do so. Just 5 -10 minutes a day can make a huge difference. Don't let time constraints or unrealistic goals be an obstacle, do what you can and don't worry about it. You will likely find that after a while your desire to practice expands naturally and you will find yourself doing more and more.

### **How is Yoga different from stretching or other kinds of fitness?**

Unlike stretching or fitness, yoga is more than just physical postures. Patanjali's eight-fold path illustrates how the physical practice is just one aspect of yoga. Even within the physical practice, yoga is unique because we connect the movement of the body and the fluctuations of the mind to the rhythm of our breath. Connecting the mind, body, and breath helps us to direct our attention inward. Through this process of inward attention, we learn to recognize our habitual thought patterns without labelling them, judging them, or trying to change them. We become more aware of our experiences from moment to moment. The awareness that we cultivate is what makes yoga a practice, rather than a task or a goal to be completed. Your body will most likely become much more flexible by doing yoga, and so will your mind.

### **Do I have to be Vegetarian to practice Yoga?**

One of the principles of yoga philosophy is *ahimsa* - this roughly translates to the non-harming of yourself and others. Although some people interpret this to include not eating animal products it continues to be a matter for huge debate. I believe that it is a personal decision that everyone has to make for themselves. If you are considering becoming a vegetarian, be sure to take into account your personal health issues as well how your choices will affect those with whom you live. Being a vegetarian should not be something that you impose on others, that kind of aggressive action in itself is not an expression of ahimsa.