

Benefits of Yoga

Yoga is becoming a more and more popular workout throughout the Western world, being originally an Eastern discipline, tied to Hinduism. Having become an integral part of programs in American gyms and fitness centers, yoga is sometimes regarded as primarily (and often only) a set of physical exercises - called "asanas" (poses). Although these poses are in themselves beneficial, improving strength and flexibility, our health is even more improved by yoga due to correct breathing in the poses, developing of awareness on breath and body posture, stress relief and focusing of the mind. All these do not happen instantly and it takes time and consistency to start experiencing the shifts in the body - and later in the mindset.

An experienced teacher will also be able to guide a student towards sets of asanas that are therapeutic or more appropriate for certain conditions.

Once familiar with the poses and having received proper training to ensure they are done correctly and safe – all one needs is a mat, and one can set aside a few minutes daily for this wonderful activity.

The other day I was talking about this with a friend and colleague and mentioned to her I'd love to take my mat with me when I travel, but it's too heavy and too bulky to put in a carry-on. That's when I learned about the "Valerina Mat" – a mat designed by Valerie Nosenzo, personal fitness coach. The mat is compact and light – and also has a very fun design (see http://www.thevalerina.com/The_Mat.html).