

Three misconceptions about Yoga

1. *Don't make yoga too serious!*

Yes yoga is at times challenging, restorative, relaxing, releasing, strengthening, and therapeutic , but it is also fun! We tend to get so bogged down in seriousness, we forget to laugh, let go and be in joy.

Yoga can be practiced in silence, in candlelight, down the beach, in your back yard in the sunshine, in front of the fire on a cold winters day, and with loud uplifting music that gets you moving, sometimes singing , releasing and smiling. Find your yoga for your day! Different yoga for different days. Find what makes you feel great, sometimes silence, sometimes music. Yoga helps you recognise that happiness and health is your birthright.

1. *Being flexible before you start.*

So often I hear people say ' I'd love to try yoga but I need to get fit and flexible before I start.' Yoga is a wonderful practice and one of self discovery. There are NO PREREQUISITES before you join a class. Yoga does absolutely help you to become more flexible in the body, and in the mind. It is just one of the benefits of this practice to find new movement in your body. I would like to say' You absolutely do not have to be flexible to practice yoga, yoga is non competitive. If you can breathe you can practice yoga!'

2. *Letting go of perfectionism, find your yoga instead*

Let go of so called perfectionism. We are all different, every single person will find poses that 'fit' their bodies more comfortably and readily than others. While other poses will present greater challenges, physically, mentally or emotionally, but don't stop trying, embrace the challenge. Let go of the 'perfect pose'. Perfectionism can be a form of abuse, violence against oneself, practicing non-violence is a big part of practicing yoga. It is better to move than to not practice for fear of being not perfect.

