

TOP TEN REASON TO DO YOGA AT PRACTICE

1. **You want to look and feel younger.** Seriously, with all of that blood coursing around your body, and the freedom of movement that yoga stimulates, it can't help but make you look and feel better.
2. **You've always wanted to touch your toes.** There is no better time than the present to start loosening up the old spine. Have you ever looked at pictures of yogis in India—they are not all that young! You can start working on that spine at any age. The yogis have a saying, "you are as young as your spine is flexible." I'm feeling around 14 today.
3. **You want to meet some new people or reconnect with your Practice friends.** When you are upside down looking through your legs, everybody is friendlier. It's true. Try it and see if you can frown in this position.
4. **Your life is frenetic and you need to slow down.** The great thing about yoga is that you can't plan out your grocery list while you are trying to balance on one foot. You are forced to slow down and concentrate to avoid "taking out" your neighbor.
5. **You keep meaning to get a little stretching into your exercise routine.** Yoga is very efficient exercise! In 45-60 minutes you can stretch, strengthen and release every major muscle group in the body. And then...you get to lie down and rest. Tell me another exercise routine that incorporates naptime!
6. **Your shoulders are right up to your ears and your traps are tight enough to bounce a quarter several times.** Stress can be a good thing, but enough is enough. Yoga is actually prescribed by some physicians as a way of dealing with excess stress. So, how does this work exactly? It is the combination of slowing down, breathing in a deep, regular way along with slowly stretching various parts of your body. I am already feeling so relaxed...
7. **You had pizza and beer last night, and the night before, and ...** Yogis have long held the idea that yoga can improve digestion and elimination by improving muscle tone all over the body. The fact is we need to get a grip on our eating habits. Come to yoga and find a way to eat, live, laugh and love with intention. If you can learn to hold your body still for 20 seconds in tree pose, you can do anything!
8. **"Monkey Mind" seems like an apt description of what is going on in your head.** Buddhists define it as: "unsettled; restless; capricious; whimsical; fanciful; inconstant; confused; indecisive; uncontrollable. Give yourself the gift of yoga to learn to slow down and reconnect with your body, mind and spirit. That's the meaning of yoga. It comes from the Sanskrit meaning to "yoke together" the various parts of our selves.
9. **Two words: yoga butt!** Even if you don't feel that spandex is going to be a staple of your wardrobe, yoga will bring out your best features—inside and out. Besides, we have a yoga mat to match every eye color!
10. **You will become more popular.** Seriously, when people start hanging around you and seeing how calm, relaxed and serene you are regardless of what is happening, well, you will be on the "A List" for all parties. Just remember to warm up before you show off your King Dancer Pose!

