

Alternative Poses



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Yoga seems to be all the rage recently, but what is it really? You may think you need to wear a cute outfit, buy a mat and prance along to a class only to enjoy a soy latte after all those down dogs. Yes, it has become trendy, but for good reason: it's been used as an alternative health medicine similar to massage therapy, nutrition, reflexology and acupuncture.

Yoga has been shown to calm the nervous system, mind and body. It's been used as a supplementary therapy for asthma, cancer, diabetes, irritable bowel, digestion and insomnia. Yoga promotes a healthier heart, regulates high blood pressure, reduces stress and balances mood swings.

This is a healing practice improving balance, coordination, concentration and flexibility. It is not to be confused with the need to twist yourself into uncomfortable positions. The classes are a combination of breathing exercises and physical postures.

Where does yoga come from and is it a religious practice?

The word "yoga" means to yoke, join, or unite. It dates back over 5,000 years ago as a form of a spiritual practice in India. In the west, yoga has evolved as an alternative medicine, growing increasingly popular as a form of purely physical exercise though some

practices may integrate religion into the classroom.

How do I choose a yoga class?

The first step is to ask yourself why you're interested in yoga. Perhaps you want a new way to stay in shape. Some yoga classes are designed to provide a vigorous and often detoxifying experience which can provide excellent cardio and give you the same endorphins.

Another consideration is the instructor/client relationship, which is critical to establishing a long and healthy practice. The teacher may lead the group in breathing exercises, chanting and possibly reading from philosophical texts before beginning the postures. If it matters to you, ask if there's any religion integrated into the practice.

Don't be afraid to ask questions. Before the class, notify the instructor of any limitations or health conditions you may have so the instructor can assist you in certain poses or let you know to avoid certain poses. Arrive earlier than the class starts to prepare and ask any last minute questions.

Make sure the instructor is certified to teach. Ask for client recommendations.

Consider location. Is it close to your home or office? Is it worth a long drive?

Money may be a factor. Look for walk-in options, gentle or beginner yoga classes. Look at all the costs; the first class may be free but the walk-in fees may be higher than a class pass. Are there any membership fees?

No matter what practice you choose, don't choose a practice that believes in "no pain no gain". If you go a little further in a pose than you feel comfortable, move yourself back to where you started or simply take a break and embrace your limits. Listen to your instincts when you talk to the instructor.

Free All Day Yoga Open House

Saturday, March 13th

- 9:00-9:45am* - Beginner Yoga
- 10:15-11:00am* - Yoga Flow
- 11:30am-12:15pm* - Fiery Sun Stretch
- 1:00-1:45pm* - Restorative Fitness Yoga (Gentle)
- 2:00-3:00pm - Yoga Reception

* Please arrive 15 minutes before each class.

Walk-ins Welcome

Free Giveaways!



Ignite the fire within

Hollin Hall Senior Center
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