

# YOGA IS FOR EVERYONE

If you've said to yourself, I'm not flexible so I cannot practice yoga. You are not alone. A lot of people think this. The point of yoga is not to be able to go into a full split. Yoga is about reconnecting to the deepest part of who you are and then carry this out into your daily life. Why should you practice yoga? To feel better! You can bring balance to your mental, emotional and physical body.

## Mental/Emotional Benefits:

- Happier /Balanced Mood
- More Focus at Work
- Improved Sleep
- A Calmer, Quieter Mind
- Stress relief
- Improved self-confidence

## Physical Benefits are:

- Pain Reduction
- Improved Breathing
- Better Circulation
- Enhanced Athletic Ability
- Weight Loss
- Sculpted/Long Lean Muscles
- More Energy

## Namaste Flow Yoga

Call Us at: 239.699.8595  
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Go to [www.namasteflowyoga.com](http://www.namasteflowyoga.com) for class descriptions, pricing and class times.

*Body & Soul*



*A Balanced Role – Live Yoga!*

### Yoga Myths

1. The Myth- I have always been as stiff as cement, so I can't do yoga.  
The Truth - Unless you are ballet dancer or gymnast, it's very normal if you feel tight, so don't worry if touching your toes seems impossible. The good news is that with regular practice, yoga is extremely effective at improving flexibility.
2. The Myth – Yoga is just for girls.  
The Truth – While it's true that certain things (like pink lip gloss) are just for girls, yoga is not one of them. Historically, some of the greatest yoga teachers for over 2000 years have been men.
3. The Myth- I tried a yoga class once, but it's too slow and boring.  
The Truth – Some styles of yoga, such as Gentle are indeed slow paced, but Flow or Vinyasa classes offer a faster, dynamic pace and endless exciting challenges.

