

**"I AM NOT FLEXIBLE
ENOUGH TO DO YOGA"**



**REFLECT ON YOUR MINDSET AND
CONTEMPLATE WHAT MIGHT BE
HOLDING YOU BACK...**

If you're new to yoga the first few classes you take will be a challenge. You might even experience a phenomenon called the Spotlight Effect, which is the feeling that you get when it feels like everyone is watching your every move. If you experience this it's good to keep in mind that imperfection is part of the human condition and something we all share at one point or another in our life!

Yoga is not a competition, it's a **LIFESTYLE**. Yoga has its own **PHILOSOPHY**, and that is striving each day to live consciously and develop your spiritual/emotional intelligence so that you can create meaning and order out of the chaos of life.

Various studies show that regular Asana (posture) and Prana (breathing, energy) practice connects your mind and body which results in:

- better emotional intelligence
- improved posture, flexibility, and health
- improved focus and concentration
- feeling like you're "right where you need to be"
- releasing all attachments and accepting that change is a part of life.

All of the above is to help you feel at balance and peace during the good days and the bad days. While you may experience some positive benefits in the short term it's important to realize that practice is a never-ending process and the more consistent you are the quicker you'll realize that "I am not flexible enough to do yoga." is just an excuse.

"I may not be flexible right now, but I feel more grounded when I finish my practice."

"It's not about the postures, it's about the process (i.e. patience, determination) I'm learning."

"I don't need to be the person the society expects me to be. I am what I do. I am ME."

REFLECT...

1. Why do I give myself permission to think that way about myself ("I need to be flexible to do yoga.")? How might I change the way I think about myself?
2. What does yoga mean to me?
3. What is the worst thing that can happen?

PRACTICE AND ALL IS COMING
- SRI K. PATTABHI JOIS



www.omartyna.com



contact@omartyna.com



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