

Find upward bliss in down dog - 6 reasons to start doing yoga

Before finding yoga, my body was a wound up tight little ball of stress and inflexibility. It was a challenge to touch my toes, balance, focus, relax, and quiet my mind. A year ago, I made a commitment to practice yoga at least once a week. I stepped into a small yoga studio in Santa Monica, CA and from that day on everything changed. After a few weeks of practice I began to notice big differences in my body and you will too. The following are 7 of many reasons to start doing yoga.

1. [Weight Loss.](#)

Adding yoga to your exercise and nutrition program will aid in weight loss. You burn 400 - 600 calories in a yoga class, sweat out toxins, and lower the amount of cortisol in your body. One of my personal training clients lost his first 110 lbs simply by practicing yoga 3 days a week and by modifying his diet. [Yoga + WellnessPro Balanced Nutrition = Weight Loss.](#)

2 Stress Relief.

In response to stress and anxiety our bodies produce a hormone called cortisol. Cortisol is known to increase blood pressure, blood sugar, and reduce immune responses. Practicing yoga encourages relaxation, and is known to lower the amount of cortisol in your body. Not only does yoga allow you to relax, it reduces the lasting effects of stress on your body.

3. Flexibility & Posture.

Moving through the vinyasa, practicing alignment, and transitioning from pose to pose helps increase flexibility while improving range of motion. The benefits of yoga include lengthening the muscles, tendons, and ligaments in your body to help you become more flexible. Before practicing yoga I could not touch my toes, or pull my shoulders back. Now I have the freedom that flexibility allows.

4. Breath work.

In yoga breath and movement go hand in hand much like in proper weight training. Yoga allows you to increase lung capacity, and trigger the body's relaxation response. Try Taking 10 deep breaths with your eyes closed. Notice how your body responds with relaxation.

5. Increased Strength.

Yoga poses use all the muscles in your body and help you increase your strength level from head to toe. The benefits of yoga and daily exercises will help you strengthen your muscles close to the bones, which increase the support of your skeletal system as well. I now have increased strength and stamina during all of my workouts

6. Tranquility & Inner Peace.

Perhaps the most beneficial reason to practice yoga is to find tranquility in your day. The combination of breath work, stretching, and physical activity brings peace to the moment. When you allow your mind to leave all of the day's problems, conversations, and expectations behind for a moment, you will be hooked!

