



Yoga and Pilates FAQs

What is Yoga? The word is often interpreted as "union" and is an ancient practice that originated in India approximately 2000 years ago. Today most people practicing yoga are engaged in a program of physical postures that move with the breath and are designed to purify the body and provide the physical strength, focus and stamina required for meditation. These classes will generally incorporate a series of postures that help build flexibility, strength and focus. There are many different styles and levels of yoga, so it is important to experiment with different styles and instructors to find what works best for you.

What is Pilates? Pilates teaches balance and control of the body through a series of low repetition exercises. Pilates yields increased lung capacity and circulation through deep, healthy breathing and builds strength and flexibility, particularly in the abdominal and back muscles (core). Pilates can help you develop better posture, balance, improve bone density and joint health and increase overall core strength. Pilates classes can be done using equipment or just a mat; both are effective and will bring results quickly through regular practice.

What if I have never done Yoga or Pilates? It is always best to start something new with a trained instructor to make sure you are doing the movements properly. You do not need any prior experience to start a basic yoga or Pilates class, but always check class descriptions to find out whether the class is suitable for beginners. It is recommended to take more than one class (I recommend at least five) to get a feel for whether or not you enjoy the benefits of the class. One class is not enough to make a decision about whether it is right for you. You should also make sure that you don't overdo it your first few classes and remain humble enough to work at your own level to get the most out of the class and avoid potential injuries.

What if I am strong and active, but inflexible? Then yoga and Pilates might be just what you need to increase your efficiency and performance, help you recover from or avoid injuries from muscle overuse or imbalances, and help you gain better awareness of your body. Many athletes and otherwise inflexible people engage in yoga and/or Pilates as part of their training regimen and daily routine, and both have proven very effective for those who seemingly need it most!

What does Namasté mean? "Namasté" is sometimes used in the context of practicing Yoga as a greeting or goodbye, generally taken as an expression of good will and respect. It can also mean several things such as "the divine within me recognizes the divine within you" and is used to acknowledge equality and the interconnection of all things.

Where can I find a good class? You can now find great classes almost everywhere including at local gyms, recreation centers, fitness studios, parks, etc. If you would like recommendations on local classes and/or instructors, please contact me, Kristen Mory, at 727-688-9597 or info@generationsyoga.com and I will be happy to consult with you to get you started with an instructor and class to meets your needs. **Namasté**