

Yoga Benefits

Free Spirit Yoga and Pilates

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Yoga aligns the physical body, purifies the nervous system and develops concentration and mindfulness. All of which combine to prevent injury, stress, pain suffering and disease.

During your yoga practice the worst thing you can do is look around the room and compare yourself to anyone else. It wastes your energy, saps your self esteem and has nothing to do with your path to self fulfillment.

Your goal is simply to become more fully yourself.

Stay in constant touch with your breathing. The breathing is your key to success and the key to unlocking your body.

Yoga will help you deal with your day to day stress levels, fatigue and anxiety. It clears out the confusion and congestion of your mind and body.

As you gain proficiency in your practice you will feel more in control and empowered. You will develop the personal power to take control of your own physical and mental wellness.

Namaste.