

Why Do We Yoga?



More than conditioning strength and flexibility, yoga exercises help us become more intentional and aware of our true presence and self.

Pranayama

Breathwork - purposeful, deep breathing exercises bring intention to our state of mind. Either through slowed, calming breath, or more stimulating breath that energizes our minds and bodies.

Asana

Posture - literally working to balance effort and rest in our physical shape, discovering where you can hold a pose that is comfortable and steady, and challenging yourself to work toward your individual next level.

Dharana

Focused concentration - focus is a skill just as challenging and powerful as our physical strength, practicing a stillness and intentionality here helps us find the places we become restless.

"You cannot do yoga. Yoga is your natural state. What you can do are yoga exercises, which may reveal to you where you are resisting your natural state." (Gannon)

