

Q&A

Question:

I do not find Yoga challenging enough physically. I like to sweat and feel like I have done something. Can Yoga do that for me?

Answer:

Therapy is tailored depending on your Dosha (the balance that you were born with) and your current imbalance. If Vata (Air & Ether) is throwing you whirlwind than we may start fast but the aim is to slow down. If Pitta (Fire & Water) is causing you mischief than the fire slowly has to be brought down to a simmer. And when Kapha (Earth & Water) weighs you down a vigorous flowing sequence will guarantee to make you sweat. We meet you where you are, what your body is craving and slowly show the way to balance. When you reach your balance your body will crave the type of exercise (and even nutrition) that is balancing to it. It may be flow, Vinyasa, power or Ashtanga yoga (all of which will surely make you sweat) or you may find out that you start to enjoy less strenuous exercises too.