

Q&A

Question:

I am not flexible enough. Can I still practice yoga?

Answer:

You may be a runner, a cyclist or have been doing strengthening exercises for a while. This means you have been working on your strength vigorously, but not on your flexibility. You see the results of your hard work, your muscles are strong and firm. They are the ones actually holding you back from reaching your toes. The pendulum has gone one way. To balance it out, focus is given to stretching and flexibility. You already know that disciplined practice gets you results, thus you will get there. Yoga is all about balance. The perfect balance between stability and flexibility will be reached after regular practice.

Or you may not be flexible because your body is storing stress or trauma and the same way as if you physically put a pillow on your leg you need to reach over it, this will hinder your flexibility. The therapy here would focus on releasing these blockages.