

# Q&A

## Question:

I cannot relax, how can Yoga help me?

## Answer:

When you come in from everyday busy life, your body is full of pent up energy. If you would sit down to meditate in this state you probably would not get very far. With the series of postures and breathing exercises we prepare the body, give something to do for the 'monkey mind' to be able to get to the state of relaxation.