

Q&A

Question:

How often should I practice?

Answer:

Pathabi Jois (founder of Ashtanga Vinyasa Yoga) said 'Practice, Practice, Practice and all is coming'. The more energy you put into something the greater benefit you will receive. The health benefits and subtle differences of transformation that Yoga brings in to our life takes perseverance and patience.

If you have to take a medication daily and you only take it once a week, your progress will surely be slow. Whether you come to class twice a month, weekly or twice a week I will aim to give you short home sequences to practice regularly at home. If you do these practices your progress will be accordingly. The benefits of home practice are amazing, as this is the time when we can truly go inward and just be with ourselves.

That said I do find that with practicing twice a week at least the changes start to occur.