Article Side

Gentle Yoga Challenges

by Carmela Turner

Article published on April 4th 2012 | Fitness

Your life is already very hectic and you feel that adding the routine of exercise in your routine will only make your life more hectic, then read about this concept of yoga named as Gentle yoga. However, it is a sort of challenge. Let me tell you what it is and why is it challenging.

Gentle Yoga is a modified version of Hatha Yoga. Gentle Yoga aims at bringing back love in to oneâ€™s mind and body. It brings about and overall awareness in oneself. The movements or poses in Gentle Yoga are such that it relaxes the mind and body and focuses on breath.

Now you wonder what is the challenge in this? Well I have not finished yet. It sounds boring to many. Yes, this is the challenge. Many people also feel that it a sheer waste of time. The most sports loving and athletic person would also find Gentle yoga as a challenge to mind and body.

Mental challenge of Gentle Yoga:

Usually there is a myth about this form of exercise. The myth says that this exercise is for the weaker people. Those who cannot take up tough physical exercise or poses practice gentle yoga. The oversized people as well who find it difficult to practice any moves will opt for this. This myth is a mental challenge to the people. They think this exercise is not for them and cannot accept this form of exercise.

Many feel that this form of exercise, will help the physically weak persons to gain mental and physical strength. It is believed that if you do not indulge in a poses that make you sweat hard like â€˜surya namaskarsâ€™ you arenâ€™t doing yoga, you are just meditating.

Lanita Varshell, a pioneer of Gentle Yoga has put forth her thought to help clear these myths. It helps you add some moderate moves and restorative exercise to your yoga schedule. You also need to conserve and generate energy within yourself, this exercise helps your to do so. After all this exercise does not just aim at losing weight, it also means relaxing and restoring your lost energies. Lying on the floor and breathing is also yoga.

Indulging into rigorous poses will help you now but if you slow down a little with this exercise you can work out even after your 50â€™s. It helps you find happiness and peace within your inner self. It blends the meditation and movements and gives a slightly modified version of hatha practices. It helps you connect to your inner self and this is what yoga actually aims at.

This is the major challenge of gentle yoga. It does not have any physically tough moves but accepting the fact that this form of exercise is for all and not for older, oversized or weaker people is the main challenge.

Think about incorporating this style as well in your daily yoga sessions.

Article Source:
http://www.articleside.com/fitness-articles/gentle-yoga-challenges.htm - Article Side

Carmela Turner - About Author:
carmelamturner is a expart of Yoga Retreats. She provide information about a Seva and Yoga Teacher Training.

Article Keywords:
gentle yoga, gentle yoga challenges, yoga retreat, meditation retreat, challenges of gentle yoga

You can find more free articles on Article Side. Sign up today and share your knowledge to the community! It is completely FREE!