Yoga looks like a waste of time. What am I missing?

September 15, 2016

Answered by:
Valerie Wojciechowicz
Wellness Expert
4HIVHelp.com

Yoga can be a fabulous workout and a great addition to your existing fitness program.

Yoga incorporates mind, body, strengthening, stretching, focused breathing, meditation and health benefits too numerous to list.

Adding yoga classes can help break through plateaus, increase competition times, aid in injury prevention and so much more.

The quieting meditative environment and deep breathing can help improve health, as well as fitness levels. Some find quiet and meditation challenging, but stick with it.

Most gyms or yoga studios will offer a free trial. There are also different types of yoga, so experiment. You may be pleasantly surprised.

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http://beta.docker.poz.com/article/yoga-time