



Yoga Works

Jaymie Meyer

If you're curious about trying yoga, but know little about this ancient practice, getting started can be daunting. Do you have to be as flexible as a slinky? Must you be a gymnast or able to wrap a leg around your neck while standing on your head? Hardly. Sure, there are some yogis who achieve these postures (I call them the Cirque de Soleil poses, after the amazing Canadian circus troupe that boasts acrobats who bend themselves into human pretzels). But relax, this is *not* what yoga's all about.

Yoga has been around for nearly 5,000 years. And for good reason. Yoga postures (they're called asanas) help regulate the metabolism, align the internal organs for better function, improve concentration and balance, strengthen legs, open the chest cavity, cleanse the lungs, create upper body strength and promote back health – especially for those with lower back pain. And those are just a few of yoga's benefits.

There are many different styles of yoga. I am partial to Integral Yoga in New York City, where I received my certification and now teach there and surrounding areas. A typical Integral Yoga session incorporates work with body, mind and breathing. In addition, there are meditation and relaxation techniques that help to purify the system. A focal point of the Integral Style is 'yoga nidra' or deep relaxation at the end of the session. It helps to lock in the benefits of the asanas, leaving the body in a deeply restored, peaceful state.

Not everyone has the time to go to a yoga studio or a gym. So it's good to know that more and more businesses are introducing yoga in the workplace. It's a smart way to help employees stay healthy and maintain optimal energy and productivity. Before work, at lunch or at day's end, a teacher needs little more than an empty room to conduct a class. Yoga at work is an effective stress reducer and a marvel at strengthening the body, thus helping to prevent work-related injuries, like carpal-tunnel syndrome. It also works wonders at reversing the ill effects of being desk-bound day after day.

Ultimately, the most significant benefit of yoga is that it helps you to be fully present in the moment. In our jam-packed lives, in a most uncertain world, learning to make the most of the here and now within ourselves can be a priceless gift.

Jaymie Meyer received her yoga certification at New York's Integral Yoga Institute where she teaches regularly. In addition to her private students, other clients include Breathe Yoga, CANON USA, Columbia University, World Gym, and the Jewish Guild for the Blind. She is also a BISTRO AWARD Winning singer, professional spokesperson and a member of the National Speakers Association. For more info contact: Jaymie@Jaymie.com