

## The Goods YOGA: Frequently Asked Questions



### **What is yoga?**

In the ancient language of Sanskrit, the word “yoga” means “to unite” or “to bring together” with the divine. In the West, it is also known as the practice of uniting the body, the mind and the breath. The original purpose of yoga postures or poses (known as “asanas”) is to strengthen the body and increase flexibility so that one could sit for many hours in meditation.

### **I’ve heard or seen different styles of yoga. What style do you teach?**

There are many different styles of yoga. The Goods teaches Vinyasa yoga or movement of the body on the breath, which is a variation of Hatha yoga. The practice, or flow, moves on the breath: as you inhale, you lift, lengthen or expand and as you exhale, you contract or lower the body. Occasionally, you will hold a pose for up to 10 breaths and focus your mind on the subtle movements as you breathe. The Goods classes also include breathing techniques or pranayama.

### **I’m not a flexible or athletic person. Can I do yoga?**

Absolutely. Yoga is not a competitive sport. It is about meeting you where you are, whatever your strengths or limitations may be and honoring what your body is telling you. The Goods tailors classes to meet everyone’s needs and offers options for beginners as well as more advanced students.

### **I really want a good workout. Will I be challenged?**

Absolutely. Any pose can be modified to be easier or more challenging. You’d be amazed by how the most subtle movements or adjustments can make you sweat. Also, yoga is not only about challenging our bodies. It is also meant to challenge our minds. Our “monkey minds” filled with thousands of thoughts tend to takeover and constantly distract us from finding the stillness, quiet and peace we seek. Yoga challenges us to use the breath, through movement, to calm and quiet the mind.

### **What is a class like?**

A typical class begins with an opening and centering around a particular theme, such as balance, love, or celebration. The instructor will lead a few rounds of pranayama or a specific breathing technique, such as three-part breathing. Each class will spend adequate time on gentle warm ups before transitioning to more challenging poses. At any time, you can opt to rest and honor what your body is telling you! Each class ends with ample time in everyone’s favorite pose -- Savasana or corpse pose -- lying quietly in final relaxation, savoring the hard work you’ve done. The class may begin or end by chanting “Om,” the sound of all the energy and vibrations of the universe. Chanting “Om” reminds us that we are all connected to each other and the world around us.

### **How long does a class last?**

Classes can vary from 30 minutes to 90 minutes depending on your availability and needs. Special workshops may be offered for longer periods of time to go more deeply into a variety of yoga topics.

### **Who teaches the class?**

Gail Payne, owner of The Goods, teaches all classes. She has practiced yoga for several years and received her 200-hour teaching certificate from the Invoke Studios Yoga Teacher Training in July 2012. She is registered with Yoga Alliance. On occasion, classes may have a qualified substitute teacher who will teach a very similar style class.

**For more information:**

**Gail Payne :: 317.985.5523 :: Gail@TheGoodsLife.com :: TheGoodsLife.com**