

## Yoga for Women: Basic Yoga Lessons for Women

If a woman wants a healthy way of life devoid of any strain and stress, she should start her day with yoga.

First things first, when you roll out of your bed, sit onto a mat on the floor and hug your knees to your chest. Then raise your legs in the air and stay bottoms up until your head clears. Next stand up and drop your forehead to your shins until you feel ready to tackle the toothbrush and get on with your day.

Waking up doesn't have to consist of pouring coffee down your gullet to shock yourself alive.

Many women pile up an array of small violences against themselves from the moment they wake up - caffeine, cigarettes, abrasive exercises or no exercise at all. Lots of faddish fitness programs today have this violent approach - do 50 leg raises or pound your body jogging on the pavement or jump around to a rhythm not of your own making.

Your approach to fitness and well-being and to life in general should be nonviolent one - working smoothly with concentration and determination at your own pace without competing with anyone else. Don't be ruthless with yourself and you won't be ruthless with other people.

Your routine should ideally center on 28 postures drawn from the 5,000-year-old technique whose name comes from the Sanskrit for sun, moon and join together. The exercises should range from deep breathing to pretzel-like stretches.

Yoga is strenuous, but not painful, and it gives every inch of your body a terrific workout.

Yoga proves particularly helpful in strengthening a body plagued by injury.

Yoga helps you maintain flexibility, build strength and muscle definition and even. Try spending 60 to 90 minutes on your yoga routine, before breakfast, five to six days a week.

Follow the basics mentioned here to have a healthy and balanced life:

Avoid the big seduction to only go with your strong points - like weight-lifting if you've got great muscles. It's the thing that's hardest for you that you need to work on the most

Don't space out during workouts. Use that time to have a private conversation

with yourself: 'How do I feel physically, mentally.' 'How is my balance and coordination today.' 'Is there something I should pay special attention to.'

Practice yoga in the early morning or early evening at least one hour after a light meal or three to four hours after a main meal. If you are hungry before practice, try tea, milk or fruit juice.