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SYNERGISTIC EMERGENCE IN THE 21ST CENTURY

Yoga Readings

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Yoga—Where Does a Beginner Start?

So, you're interested in yoga and you want to start, but you're scared.

Let's face it. Yoga comes from another country – India! The names of the poses have multiple syllables in a language you can't understand.

The whole thing seems so foreign (because it is), mystical, strange and potentially painful. Yet, you've been hearing about it, whether you saw Rodney Yee on Oprah or your MD has recommended it for your arthritic joints or sleepless nights. You feel called to take a class ... what to do?

My recommendation is to jump in! Start somewhere, anywhere. Go only to beginner classes the first year. Try several teachers and several styles. Think of it like trying on shoes. Don't take what any one teacher says too seriously. A good teacher always teaches a beginner class to maintain humility and beginner's mind. Once you find a teacher you like or a style you like, that **resonates** with your body, mind and soul, commit yourself to the practice ideally three times a week.

Keep in mind these simple points:

1. A yoga class is for you and you're not in competition with anyone else.
2. You know your body better than the teacher does.
3. An increase in well being and respect for your body are signs that you are actually practicing yoga. You're on the right track – keep going!
4. Continued injuries are signs that you're doing something other than yoga and you should stop and find a new class and teacher.
5. Don't give your power over to the teacher. As the Buddha said, "Believe nothing, no matter where you read it or who has said it, not even if I have said it, unless it agrees with your own reason and your own common sense."

