

Yoga is for 'Real Men' as Well!

Gentlemen are generally a little shy when it comes to attending a yoga class, although there are some brave men out there who do attend classes regularly and tell us that they benefit enormously from the practises.



The interesting thing is that yoga was traditionally practised only by men (and any lady who has done the locust posture, salabasana, will testify that yoga was designed by a man!) and it is only when yoga was brought to the west that women became involved. The view of the middle aged ladies doing gentle stretches is outdated and happily yoga is now, again, being practised by men.

Many professional sports teams and sports men have include yoga in their fitness regime. Ryan Giggs (pictured) recently put his long football career down to "hard work, strict diet and yoga". Professional athletes (NFL, NBA, NHL) in the US, have long used yoga to help them prolong their careers. Liverpool FC have been using Dru Yoga particularly to target / reduce hamstring injuries and The All Blacks have practised yoga for years (is anyone going to tell Richie McCaw that yoga's just for girls?).

So, come on guys and do yourself a favour, get yourself to a yoga class and discover how yoga can help you. I've listed below some of the benefits the men who've come to Inside Out Dru Yoga classes tell us they've experienced.

- Huge improvement in joint flexibility and back health
- Learnt how to stretch safely - reduced incidence of injury and improved recovery time
- Significantly lower blood pressure
- Improved recovery time from hernia operations.
- Increased lung capacity - able to train harder, improved stamina, helped with quitting smoking, or simply able to breathe easier
- Reduced stress
- Gained calm, focus and clarity
- Better night's sleep

I have to admit, you might still be in a minority at classes, but seriously, don't the benefits far outweigh the slight possibility of feeling awkward for the first few minutes?

And ladies, encourage your partners to come along, because yoga will also help your man:

- Look after his heart, liver and prostate gland
- Manage weight and tone up a cuddly tummy
- Manage conditions such as diabetes....and...
- Reduce snoring!

Here's a simple, yet highly beneficial exercise, you can try at home.

- Sit on your bottom, on the floor, legs outstretched in front of you. If this is really not comfortable try sitting on a cushion to lift your pelvis.
- Now bend your knees, feet flat to the floor, bringing your feet close in towards your body, so that the knees are directly over the ankles.
- Open the hips out to the sides (you may need to rest your knees on cushions if this feels very tense), bringing the soles of the feet together, taking hold of your feet with your hands.
- Gently draw the low abdomen and pelvic region in, away from your clothing, as you lengthen your spine, sitting tall, separating the abdomen from the ribs. At the same time trying to relax the hips, so the knees are releasing towards the floor.
- Hold this for as long as you feel comfortable, breathing deeply into your abdomen.

This posture is called "Tailor Sitting" and is great for improving the circulation to the pelvic region, releasing tight hips, strengthening core muscles and helping you to feel more relaxed and focussed.

If you would like any specific advice, please do speak, in confidence, with our experienced tutors. For further information contact us on isabel@yogainsideout.co.uk

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