

Learn to Relax with Yoga

Posted by [petehurrey](#) On 02/18/2009

This spring, learn to relax through the ancient art of yoga. St. Mary's Hospital offers a 10-week yoga class beginning March 26 from 4 to 5 p.m. and 5 to 6 p.m. for \$70. Beginning yoga classes start April 14 from 3:30 to 4:30 p.m. and cost \$40 for six weeks.

Theresa Munn

Theresa Munn, a registered yoga teacher, instructs the class in learning the beginning, gentle movements of yoga. The class is for individuals at all levels of fitness. Below, Munn answers some questions about yoga and how it can benefit the body, mind and spirit.

SMH: What is yoga?

MUNN: Yoga unites the body, mind and spirit. Yoga relaxes the body, calms the mind and gives you a greater awareness of yourself and your place in the universe.

Yoga is an ancient practice. In India, yoga is religion-based, but here in the United States, yoga embraces all religions and no religion. The focus here is on good health and stretching.

SMH: What are the benefits of yoga?

MUNN: Yoga teaches you to breathe deeply; it oxygenates the blood and muscles and prevents fatigue. It gives you vitality and peace of mind and contributes to all over general good health.

SMH: How long have you been a yoga instructor? Why did you get involved with yoga?

MUNN: I have been a teacher for one year but have taken classes for the past five years. My instructors encouraged me; I later became a vegetarian, and I wanted to pass yoga along.

SMH: What does the beginning yoga program consist of? What is special about this program?

MUNN: Students learn gentle yoga and gentle stretching. This is a Hatha Yoga beginning class. You'll learn postures, "asanas", meditation and deep breathing techniques w

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