

Yoga, the 6,000-year-old secret to health and vitality, is not so secret anymore. Among the many people discovering its many virtues (added flexibility, strength, mental focus, improved breathing and relaxation) are personal trainers who want to add it to their clients' regimens. Whether your clients perform yoga, run, bike, swim or power lift, yoga can balance their bodies and minds.

Weight training, while beneficial, leaves our bodies tight in some areas — usually the hamstrings, hips, quadriceps, arms and shoulders. A good yoga practice can balance the body by bringing flexibility to these muscles and ligaments, making your client more efficient as well as more relaxed in your training sessions.

Step 1: Breathe! Breathing is the foundation of life as well as yoga. Good breathing techniques will also aid in exercise efficiency and your clients' stress management techniques.

Warming Exercise: Use prior to any sporting competition to help the body warm up and to help relieve stress during the workout.

U.P: Bring hands to the midsection, and close the eyes. Feel the breath enter and exit the body.

HALE. Breathe through the nose, feeling the stomach fill like a balloon.

HALE. Gently press the air out of the body, feeling the stomach contract.

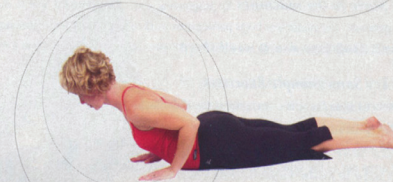
Step 2: Try Some Sample Exercises



Crocodile: opens pecs and stretches abs.

SETUP: From a plank position, slowly lower the body down to about one inch off the floor (drop the knees, if necessary).

PRESS through the triceps, keeping the glutes lifting and abs strong.



Cobra: opens pecs, strengthens arms and engages back muscles.

SETUP: From crocodile, lower the entire body to about one inch from the floor.

DRAW the chest up toward the sky slowly while pressing the hands in.