

Mindful Strength Yoga

Mindful strength training in a yoga class combines body consciousness with bodyweight, lightweights, and unique props to stabilize joints, increase range of motion, and maximize balance. Mindful Strength Training prepares your body for everyday activities like golf, tennis, playing with grandchildren, and performing household tasks.

Joint Stability

Most exercise classes build strength in joints from front to back, side to side, when in reality, some joints like the ankle move in all directions. By using objects like wooden dowels, blocks, & balls - knees, ankles, and hips can gain stability and balance in all directions.



Joint Mobility

Progressive loading of a joint through its full range of motion builds equal strength into both the push & the pull. Each muscle group must have equal power to have a full range of motion. At level one, a person uses only their body weight to move the joint through the full range of motion. Level two, weight is added by an object or by changing the pivot point.



Body Awareness

In Mindful Strength Yoga Classes, participants are encouraged to play with objects and perform movements with their non-dominant limbs to develop body awareness. The result is an increase in confidence and a balance within their left and right side of the brain and muscle groups.

