

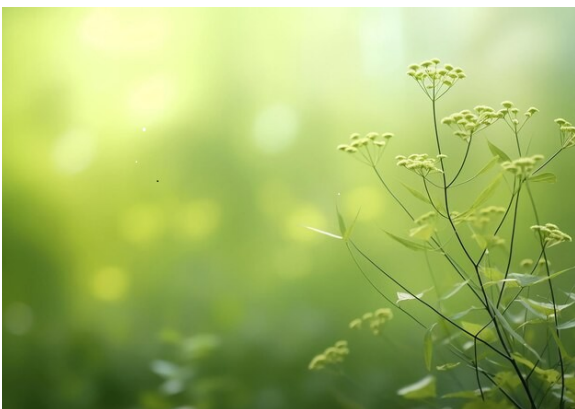


What yoga means to me in 2025?

There is such a proliferation of information about yoga on facebook, instagram, all over the internet. There are many commercial trends, with the current 'buzz word' being 'wellness'. For those searching, it is hard to know where to start?

As a teacher, I have from time to time looked up information and the amount of information 'out there' is mind-boggling. One School of yoga will have a certain name for a pose or breathing practice and another will have the same name for an entirely different practice. One School will tell you to 'tuck the tail bone when standing' and another will tell you to stay with your natural spinal curves (the latter is the sound approach in keeping with how the body 'is'). One class will be very gentle and another will feel more like an exercise class and be very active.

As stated in my introduction to the website, I have worked on 'cutting through' all the esoteric and copious information about yoga. Don't look online! Keeping things simple is often best and if it achieves the same result and stays true to what yoga is about, then that is all you need.



I have purposely chosen pictures of nature for my site because looking at nature is calming and healing. Yoga is about restoring yourself so that you feel better after the practice than you did before you started the practice. Moreover, this well-being stays with you throughout your life. Yoga has been a friend to me, always there in the

background. Some days you might do a short practice, a newcomer might 'dip toe in' and then feel that they want to do more; if you attend the weekly class but are not in a position to practise at home that will also make a difference. There is no competition in yoga, least of all with yourself. It is possible to get the right balance of effort and rest and in my teaching, I always look to find this balance.

Yoga is suitable for all ages. I teach to all levels of agility/strength, etc. If you have been sedentary for a time that is not a problem because in coming along to the yoga class, you are attempting to do something to get moving again. Some people are too active and feel the need to push – pushing is the antithesis of yoga. We work from ‘inside’ (how does this feel for me?) rather than the ‘outside’ of ourselves (e.g. our thought that we should be able to do a certain posture or look like someone else in a pose). We can become stronger, more flexible and improve our ability to balance and with regular practice, we can make significant progress.

As we get older, we must relish the changes that happen for us. The changing of the seasons is a thing of beauty and that is mirrored by our progression through life and our experiences. And as we get older, we tend to have more idea of ‘what it is all about’, we might be more calm than we were when young; yet our bodies don’t move in quite the same way that they used to! And we can cause our body to be tight just by, for example, having negative thought patterns or by repetitive actions that might be needed in our work or daily life. But regular practice of yoga will keep the body flexible – just 10 to 20 minutes per day can make a huge difference and can help not only renew us but give us an ‘inner strength’ to weather the storm (whatever form that storm takes). On a positive note, regular practice helps us to a positive mind-set.

The beauty of yoga is its many facets – helping with physical body, breathing and temperament and learning how to relax; every session ends with a time for relaxation. You will also learn some good tips along the way by means of yoga philosophy (all relatable simple concepts). [I filter yoga philosophy into the class so that, if you attend classes regularly, you get to learn a lot about yoga – without having to even open a book!]

*The focus of my teaching is the health of the spine, healing and maintaining good back health, helping with conditions such as sciatica or stiff hips and gently exploring the many wonderful breathing practices (many are very simple and once you try them, you will never look back) There is no need to try to achieve unrealistic postures – it is all about working to suit your own body and your level of agility will improve over time. Namaste, Polly*