**Article for H.D.D**

**Yoga why start now?**

The past is over and done though it leaves its mark, the future is still unknown. It is only in the present that it is possible to take action and that action will leave its mark on the future.so if you are thinking of trying yoga now is the time to start.

Yoga was developed in India thousands of years ago as a training system for the mind body and inner spirit. It is not a religion and benefits those who practice whatever their faith.

The aim of Yoga is not to achieve impressive gymnastic poses, but to bring about a union between mind, body, breath, and spirit. The meaning of the word Yoga in Sanskrit is union.

In our modern high stress times Yoga is an oasis of calm in which we are able to bring our minds and bodies into balance.

Yoga Publications are full of Young flexible people in seemingly impossible poses, but this is not the whole story. Yoga is a personal journey there will always be someone ahead and someone behind; as long as you continue you will be going forward. How fit or flexible you are is unimportant, you are the starting point and if you take the practise seriously working within your capabilities some benefit will be felt from the beginning. It is quite possible that after some months of continual practice those poses do not seem so impossible after all.

**Where to start** there are DVDs and online classes, but for a beginner there is no substitute for a live teacher.

If joining a local class is daunting you might consider private tuition apart from the benefit of being tailored to your needs and abilities it could be arranged to fit more easily into your schedule.

There are more than 40 recognised styles of yoga and as many styles of teaching as teachers. So finding the right teacher might be a matter of trial and error. If you enjoy the class then you have probably found the right teacher.