

# YOGA WITH LIZZIE

*Yoga but not as you know it!  
Let me separate Yoga myth from Yoga truth.*

## YOGA IS JUST SLOW & GENTLE STRETCHING

*Although many of your muscles will undergo a good stretch, flexibility should not be the focus of Yoga. It may well be a side-effect, and Range-of-Motion & mobility is super important. However a physical yoga practice should focus on strength, stability and awareness of all your muscle groups & body parts and how to use them safely and effectively. You set the speed with your breath.*

## YOU HAVE TO BE FLEXIBLE TO DO YOGA.

*NO! Absolutely not. Come as you are and watch your body transform. Spaces will open-up over time, if you practice with patience and consistency.*

*Top-Tip - Can't touch your toes?  
BEND YOUR KNEES!!!*

*Strength is more useful to daily life than space but you can have both with a regular yoga practice!*

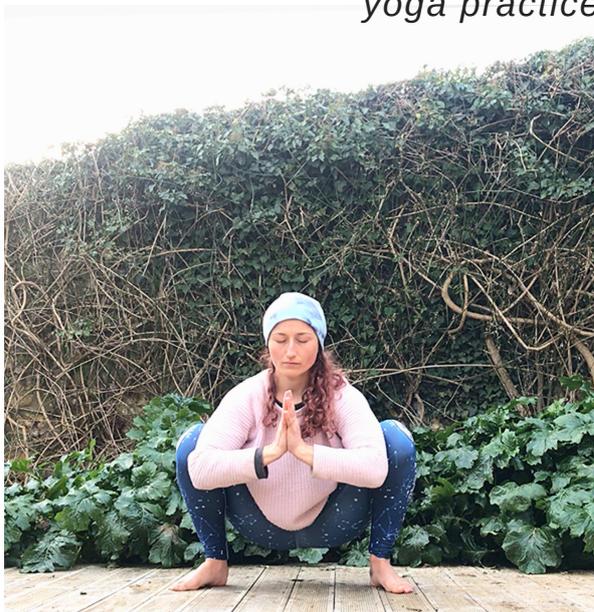


## I CAN'T DO YOGA BECAUSE OF MY RELIGION.

*Yes some classes might be filled with chanting, mine aren't, even then Yoga is NOT a religion. Whatever you believe, your religion will be based in LOVE, KINDNESS, RESPECT & TRUTH, of oneself, of others around you & for the earth.*

*YOGA is a Science & an Art, with a philosophy encouraging the same ethics.*

*Yoga connects You to You so you can live your fullest life following whatever religion you choose or not.*



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## YOGA WILL HELP ME LOSE WEIGHT.

*If your body would benefit from being lighter then Yoga can help, just as it can help you gain weight if that's what you need. You will build strong lean muscles, while also improving your digestive, circulatory & respiratory systems, can help with sleep quality, anxiety and other mental health issues and just improve the happiness of your body and mind.*

*Celebrate what your body can do rather than what it cant, and watch it grow with kindness to be even better!*

## I DON'T KNOW ANY YOGA MOVES

*Nor did I before I started 10 years ago.*

*Some of the shapes may seem familiar from pilates, gymnastics, aerobics, or just a general stretch, many of them orginated from Yoga Asana, and when combined with the breath can be even more effective.*

*You DO NOT need to know or be able to do any Yoga to start - everbody is a beginner once.*

*I will help you find comfort and ease in the poses and help them work for you.*



## I LIKE TO USE MY TIME FOR A GOOD WORKOUT

*TRUST ME the yoga I teach can certainly generate a "burn" if that's what you want!*

*I teach a style of Yoga called Rocket Yoga, which is all about building strength & Stability through the whole body, working on balance, exploring upside down (if you want to) BUT also makes sure everybody has a nce relaxation when its over to send you off into your day all the cobwebs blown away but with a calm demeanor rather than red-faced & puffing!*



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## I HAVE THIS INJURY



*There are tonnes of ways to modify and adapt poses to suit your needs.*

*All classes are multi-level and I strongly encourage you to work at your 'level' on the day.*

*Yoga is often recommended for rehab by many physios & doctors, and can be particularly good for back pain. Many of my yogis are recovering from gym-life related shoulder, knee, wrist, back injuries and find their weekly yoga helps A LOT!*

*BUT do check with your doctor if you are unsure.*

## YOGA IS JUST FOR WOMEN

*NOPE! Although western culture does tend to market Yoga to women, and yes many of my classes are massively swayed to that ratio, many of our modern day physical Yoga postures were actually developed to train Young Indian Men to be soldiers in an uprising several hundred years ago!*

*I believe we can all Yoga together, Men & Women celebrating each others strengths and supporting one another through our practice.*



## YOGA HELPS SUPPORT OTHER ACTIVITIES & DAILY LIFE

*While you can do specific yoga classes for specific sports etc. I believe a regular full body practice is the best way to get the most out of your body.*

*Checking in with all joints, muscles, top-to-toe and then having a nice lie down to breathe and assimilate covers all the bases, leaving no "stone" unturned. The human body is a machine, made of many parts, tht all affect each other. A whole body practice like Rocket has proven the most beneficial to my clients, my family & myself.*

