

“I Can’t Do Yoga, I’m Not Flexible”

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The sentence “I can’t do yoga, I’m not flexible” is one of the biggest myths and misconceptions of yoga. If we prevented ourselves from ever trying new skills simply because we did not have that skill, we would never learn anything new! The beauty of yoga is that it calls for all ages, body types, and skill levels to simply show up to the mat. One of the main benefits of a steady yoga practice is in fact, increased flexibility. After steady practice and trying our best, one will eventually notice each yoga pose becomes more accessible in their body. How? After repeated, specific movements target our muscles, the body’s fascia will slowly stretch. As it stretches, your muscles have more room to work and move and thus, we have better flexibility.

Yoga trains our mind and body. Wait, how is the mind involved? Well, when we are finding new movements and poses in yoga, we are asking our minds to give permission to our body to try something new. While we are trying these weird, new poses, we are simultaneously breathing and clearing our mind to stay focused on the task at hand. Soon enough, you will find yourself outside of your yoga mat applying your newfound skills of patience and focus. For instance, rather than honk your horn in traffic, you may choose to take a deep breath and remind yourself you will get where you’re going eventually. You may even find yourself sitting at your desk naturally correcting your posture because your body remembers how good it feels to stand straight and stack our bones in their proper alignment. We are training our muscles to lengthen and our mind to adapt to all scenarios.

So you – yes you – come to yoga. Come challenge how flexible you think you are and prove yourself wrong.