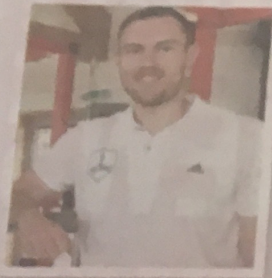


Your Trainer



Shaping Up

With fitness trainer Graham Low

Yoga brings men health benefits

I think it's fair to say that most men see yoga as being an easy, low intensity workout that is more suited to women.

But, in fact, it couldn't be further from the truth.

I started a yoga class about three months ago with Zoe James at Blooming Bamboo Wellness Centre.

I started the class with the goal of improving my flexibility because my intense training routine was starting to take its toll on my body.

My training was based entirely on exertion; pushing my mind and body to the limit almost every day.

I was picking up little niggles, my muscles were getting tighter, especially my hamstrings, my hips and shoulders.

After just a few weeks I started to see progress. Day to day tasks became easier. I can now easily touch my toes and tie my shoe laces with-

out feeling an uncomfortable tightness down the back of my legs and lower back.

I have also noticed some big benefits in other areas of my fitness. I am running quicker, and injury free!

My core strength has improved, and I've also managed to increase the weights that I lift in the gym.

It's really helped bring a balance to my training routine!

The benefits don't stop there though:

YOU'LL BE MORE PRODUCTIVE AT WORK

The mindfulness part of yoga can improve your wellbeing and ease productivity issues like burnout.

It can increase mental resilience, and help deal with stress too.

And that's especially true for people in high-powered positions who may be more vulnerable to burnout.



YOU'LL BEAT STRESS

Stress is not something that we can completely shelter ourselves from.

It comes in different forms, and we all feel the effects of stress at some point in our lives.

But with yoga we can learn how to reduce the impact stressful situations have on our body and mind.

YOU'LL SLEEP BETTER

Yoga doesn't only help you fall asleep quicker, but also helps you have a better quality sleep.

Certain poses in yoga help flush toxins out of the body and the controlled breathing techniques help you unwind by relaxing the mind.

YOUR MOBILITY AND POSTURE WILL IMPROVE

Lots of men spend their time in the gym bulking up their arms, abs, and chest.

All of that weight training can lead to tight muscles and more spinal flexion, or rounding of the back.

Add to that the fact that many people spend a large deal of their day sitting down at a desk, looking down at a computer or their phone, which contributes towards bad posture.

Yoga helps counter those effects!

MEN ONLY YOGA CLASSES

If you have been consider-

ing starting yoga but feel intimidated, or you don't think you're flexible enough, or perhaps you're worried you'll look a bit daft, then you might be interested in Zoe's new Men's Only Yoga Class.

It's a four-week course starting on August 2, at her new yoga studio in The Eagle Building, Sunderland.

Over the four weeks you'll learn sun salutations, basic standing, seated and upside-down poses as well as specific breathing exercises.

You'll work on those tight hips & hamstrings as well as the shoulders. You'll experience some dynamic yoga (to get you sweating) and some yin yoga (to increase flexibility and help calm the mind)

Every Thursday for four weeks - August 2 to 23, from 6pm to 7.15pm. Cost £40. Booking essential. Contact Zoe at Bamboo Wellness Centre.