

## Boost your mental power with yoga

Sometimes I see my life as a complex juggling act. So many areas need time, attention, commitment. Work, study, family, friends, health and happiness are all so very important; but how do you nurture one without neglecting another?

Time and time again, my solution has been yoga.

Before I experienced yoga for myself, my opinion of it was based on celebrities, and was indistinguishable from pilates. I had an idea that it was a passing fad; something that looked good but actually did very little.

In fact, yoga has a recorded history of at least [five thousand years](#).

From the Sanskrit 'yuj' meaning 'to unify', 'to join' or 'to yoke', yoga is an ancient form of exercise that aims to still the mind while strengthening the body, creating awareness and harmony within the two, while pilates is a series of exercises solely aimed at strengthening the core.

In other words; yoga is all about balance.

During a class you regulate your breathing, and, while following the gentle directions given by the instructor, your worries are pushed to the back of your mind; you begin to listen to your body rather than the responsibilities of daily life.

While transitioning between poses, or 'asanas' you will test and strengthen your physical balance. Through repetition, your body will become balanced within itself, supported through core strength. Both of these practises encourage balance between the mental and the physical.

Taking this time to centralise yourself has been proven ([repeatedly](#)) to have an array of positive effects on your mental health, such as:

- Reduced stress
- Mental clarity and calm
- Mind relaxation
- Improved concentration
- Self-awareness

And physical benefits include:

- Increased flexibility
- Muscle strength and tone
- Maintaining a balanced metabolism
- Lowering blood pressure
- Cardiovascular and circulatory health
- Improved athletic performance

Available and beneficial to all ages and abilities, yoga is not about being the best in class; it is about being the best version of you. While there may be different styles of yoga with varying intensity, most instructors will offer poses with varying difficulty during a class, allowing you to listen to your body and test your own limits.

Whatever you have going on in your life, yoga can provide a temporary pause. It can give you that time to centralise and reunite your mind and body as one. Once you feel reunited within yourself, your brain will be better equipped to deal with whatever it is you may be facing.

Betteryoga is currently offering an amazing deal- you can sign up for a 30 day yoga class money back trial, **and** receive a gorgeous free yoga mat, so now is a better time than ever to boost your mental power with yoga.

Information on how to sign up can be found at [www.BetterYogaLife.com.au](http://www.BetterYogaLife.com.au).

For more in-depth information on scientific research into the benefits of yoga I found a great article at [yogajournal](#).