

# Choosing

# YOGA

**FOR** many years now, yoga has been recognised as a fantastic form of exercise to revitalise the body, mind and soul.

But with many forms of yoga out there, deciding which ones would be best for you and learning to do it properly and safely can be difficult.

Step in Sally Parkes, a yoga teacher from Worthing with more than ten years of experience, having trained in the UK, Australia, America, India and Thailand.

And according to her, yoga is an experience which can be enjoyed by people of all ages and fitness.

Sally said: "There is something for everyone. I truly believe yoga can be for everyone as long as they find the right type and teacher for them."

With this in mind, etc has teamed up with Sally to give readers a guide to the different forms of yoga to help find your perfect class.

## Hatha Yoga

This kind of yoga is composed of various yoga postures which may vary from class to class. Standing, seated and lying postures are included to gently stretch, revitalise and relax the body.

Hatha yoga also helps to improve digestion, regulate disturbed sleep patterns and encourage weight loss. Hatha yoga is a great way to de-stress and is suitable for men and women of any age.

## Yoga for pregnancy

Being pregnant does not mean yoga is out of bounds — in fact, it can have great benefits.

As the body changes through each trimester, aches and pains can become more prevalent.

Studies have shown practising yoga during pregnancy can alleviate many discomforts, such as backache, fatigue, nausea, and cramping, as well as assist in an easier delivery and quicker recovery.

Yoga focuses on many of the key areas that need work during pregnancy — areas such as flexibility, abdominal muscles, and pelvic floor strength, of utmost importance in carrying and delivering a baby.

## Mother and baby yoga

Once the baby is born, he or she can also benefit from yoga.

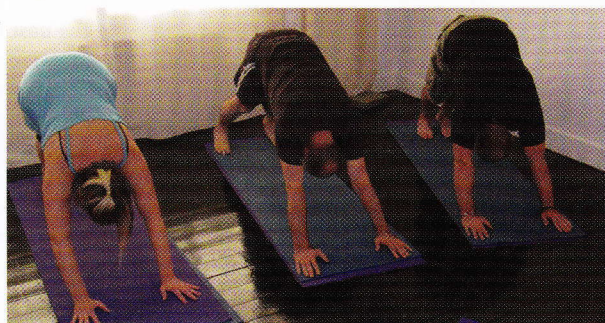
Mother and baby yoga combines gentle stretching and massaging movements for baby and yoga exercises you can do together, leading to an enjoyable experience for both mother and baby.

As with adult yoga, baby

yoga has also been found to bring about contentment in peaceful, deep sleep.

During mother and baby yoga classes, mum will be guided through basic baby massage and baby yoga and will learn age appropriate movements for your baby.

## Yoga for runners



This class is suitable for anyone who runs on a regular basis and is also suitable for those who cycle or walk regularly.

This class focuses on opening and stretching the hips, lower back and hamstrings to help improve posture and recovery and reduce risk of injury.

But as well as yoga, there is also pilates to consider

Pilates is similar to yoga in that breathing, flexibility, and strength are emphasised, but yoga involves more static poses, while pilates combines dynamic movements originating from the core which are more precise and controlled.

Sally, who also has a degree in sports science, runs Planet Yoga Studio in Heene Road, Worthing, which she opened last September — and it offers a one-stop studio for everyone interested in yoga and pilates.

Sally works alongside Mary Jane Eckert, a fellow yoga teacher.

There are classes each day, including Saturdays, and prices are reasonable — drop-in sessions are £6.50 (£8 for pregnancy yoga) and block session discounts are £33 for six sessions (£42 for six pregnancy yoga sessions).

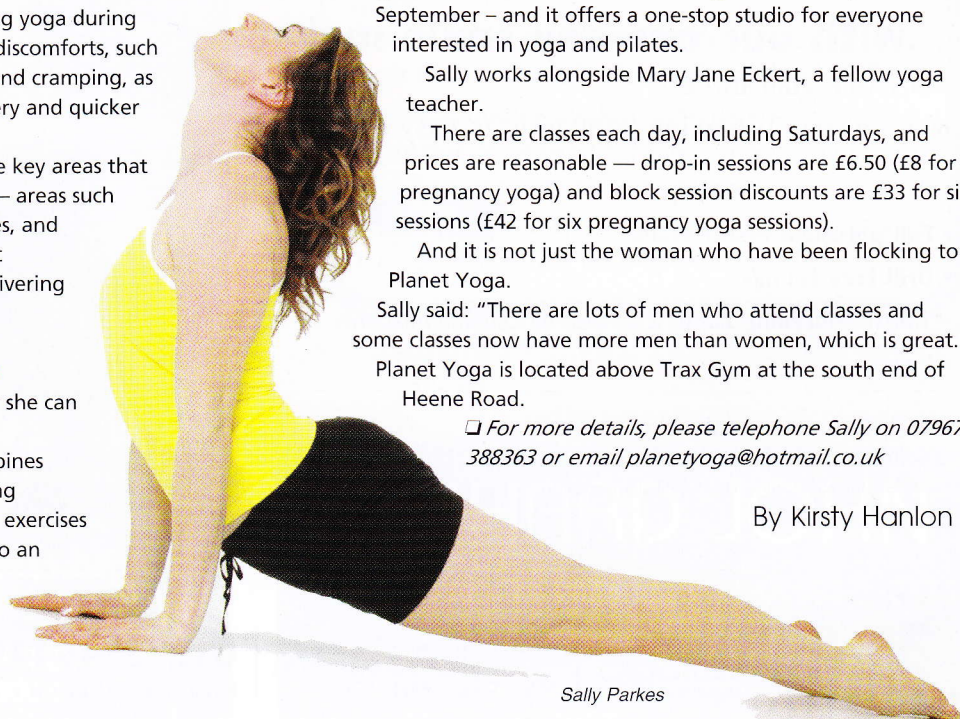
And it is not just the woman who have been flocking to Planet Yoga.

Sally said: "There are lots of men who attend classes and some classes now have more men than women, which is great."

Planet Yoga is located above Trax Gym at the south end of Heene Road.

□ For more details, please telephone Sally on 07967 388363 or email [planetyoga@hotmail.co.uk](mailto:planetyoga@hotmail.co.uk)

By Kirsty Hanlon



Sally Parkes