

Why men should take Yoga

First of all, men, if you don't get away from the TV, the women are going to take over the world. I have four yoga classes filled up and not one man is there. What are you afraid of?

Now that I've challenged you, let's look at why you, even more than the women, should be taking yoga.

Here is what yoga can do for you:

(1) *Improve your mental focus.* Being able to focus your mind on your task at hand enables you to be more efficient and obtain more satisfaction from your work. Need I say more here?

(2) *Improve your problem solving ability.* The obstacles to solving problems are always in the mind that tape loops around anxiety. The more we try to fix things in this agitated state, the worse things go. Yoga helps you quiet the mind so insight can rise when it is needed. When the mind creates a problem, only insight can get you out.

(3) *Improve your physical condition.* The easy stretches of the yoga postures (asanas) remove blocks within the body system that prevent your life energy from restoring health to your body. Yoga can slow down the aging process and facilitate a general feeling of well-being. Your body will move with greater ease and be more responsive to your demands. Need I say this will help your golf game?

(4) *Improve your sex life.* Yoga allows life to return to your body, and since sex is life energy, that returns too. Yoga brings enjoyment back to whatever you do.

(5) *Improve your relationships.* The practice of yoga helps us accept others unconditionally, and when we do that, others accept us. Yoga can make your old relationships fresh and full of potential.

(6) Finally, if you feel that you are not getting all that life has to offer, or that no matter what you achieve, you still feel unfulfilled, that something is still lacking.....then try yoga. You have nothing to lose but the negativity in your life.

(7) One more, and maybe the best thing....your wife will love you for it. And that just may be worth all the other reasons.