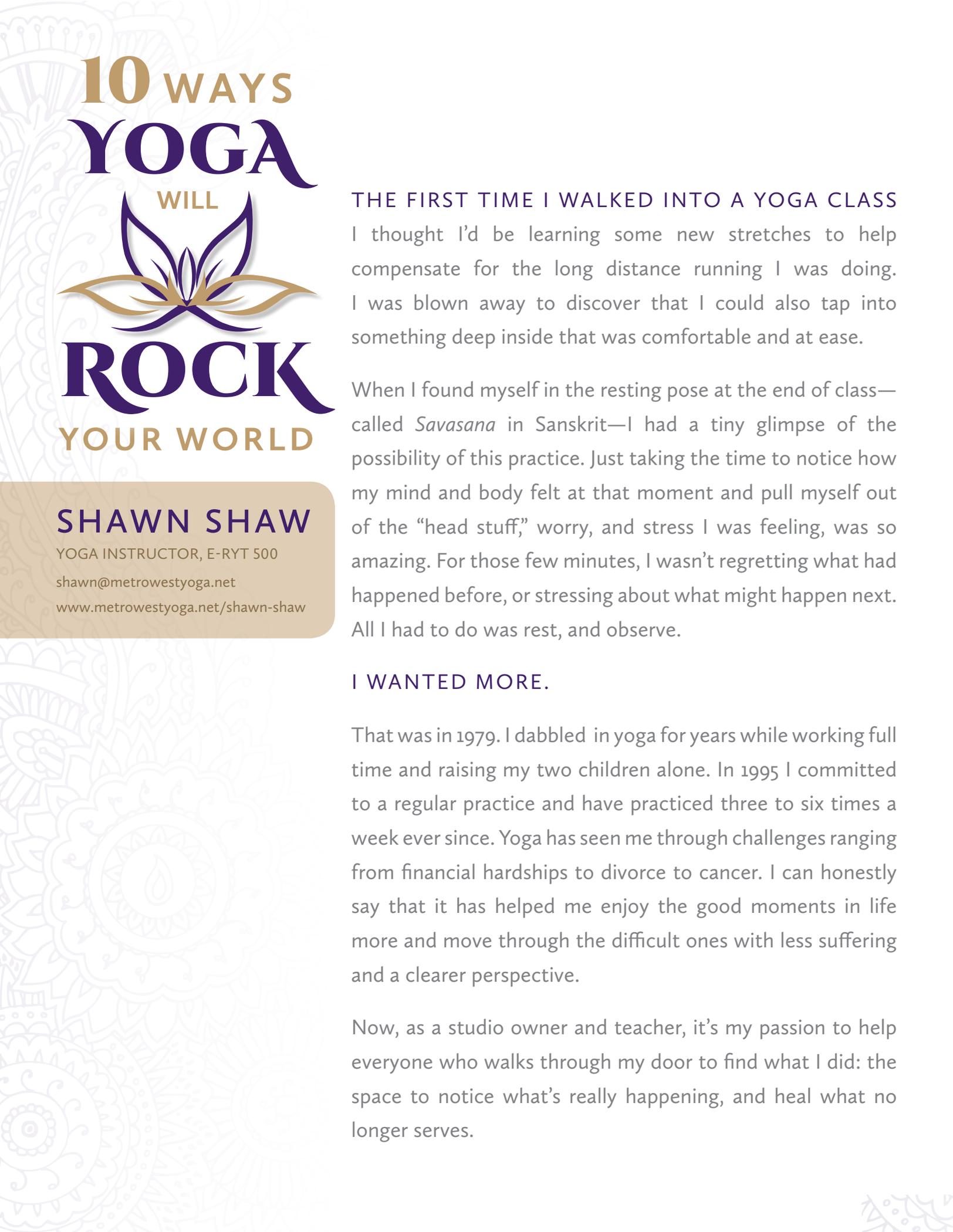


10 WAYS YOGA WILL ROCK YOUR WORLD



SHAWN SHAW

YOGA INSTRUCTOR, E-RYT 500

shawn@metrowestyoga.net

www.metrowestyoga.net/shawn-shaw

THE FIRST TIME I WALKED INTO A YOGA CLASS
I thought I'd be learning some new stretches to help compensate for the long distance running I was doing. I was blown away to discover that I could also tap into something deep inside that was comfortable and at ease.

When I found myself in the resting pose at the end of class—called *Savasana* in Sanskrit—I had a tiny glimpse of the possibility of this practice. Just taking the time to notice how my mind and body felt at that moment and pull myself out of the “head stuff,” worry, and stress I was feeling, was so amazing. For those few minutes, I wasn't regretting what had happened before, or stressing about what might happen next. All I had to do was rest, and observe.

I WANTED MORE.

That was in 1979. I dabbled in yoga for years while working full time and raising my two children alone. In 1995 I committed to a regular practice and have practiced three to six times a week ever since. Yoga has seen me through challenges ranging from financial hardships to divorce to cancer. I can honestly say that it has helped me enjoy the good moments in life more and move through the difficult ones with less suffering and a clearer perspective.

Now, as a studio owner and teacher, it's my passion to help everyone who walks through my door to find what I did: the space to notice what's really happening, and heal what no longer serves.

Yoga changes people. Every day, I see my students unfolding in their jobs, their relationship, and every aspect of their lives. It's my privilege as a teacher to witness this, and support those who are ready to embrace positive change on a massive scale.



10 WAYS YOGA WILL ROCK YOUR WORLD

1. YOU WILL ENJOY LIFE MORE. There are many studies that show that yoga actually changes your brain chemistry with consistent practice, because it facilitates the release of the “feel-good” hormones that elevate mood. Also, yoga believes we all have basic goodness, no matter what mistakes we make or how “imperfect” our bodies are. When you accept your basic goodness both physically and spiritually, you’ll naturally like yourself more! Also, the physical component of yoga means that people who practice regularly lose weight and maintain their weight more easily, which helps improve health, relationships, and self esteem.

2. YOU WILL GET MORE DONE. With a regular yoga practice you will increase your *prana*, or life force energy, which in turn will increase your energy and vitality. Regular practice will also make your breathing more efficient, increase range of motion in the musculoskeletal system, and release tension in the body. You will want to move more and do more.

3. YOU WILL FEEL STRONGER AND MORE CAPABLE. Yoga develops core muscle strength that will not only make you feel good physically, but will help you approach life’s challenges with more confidence.

4. YOU WILL BE MORE PEACEFUL. Yoga encourages deeper breathing. When you breathe deeply, you send calming signals to your parasympathetic nervous system. This, in turn, releases hormones that signal your body and mind to relax.



5. YOUR PERFORMANCE IN ANY SPORT OR ACTIVITY WILL IMPROVE. A good yoga practice will help to increase the range of motion in all of your joints and muscles. When you have increased range of motion, you can move more fluidly and efficiently, and your chances of injury are reduced. Also, since yoga encourages you to move differently from other physical activities, you will train your muscles in new ways, and identify “weak spots” or underused muscle groups.

6. YOU WILL BE BETTER COMPANY. When you practice yoga regularly, you become more relaxed and present. Endorphins and serotonin are the “feel good” hormones’ that the body naturally releases with physical exertion such as yoga. When you are relaxed and feeling good, you will naturally be more fun and easy to be around.

7. YOU WILL BECOME A BETTER LISTENER. Yoga encourages you to learn to be in the moment. When you are in the moment, you can pay greater attention to what is happening around you—including what your friends and loved ones are saying and communicating. You will be more engaged in conversation, and less likely to be reactive or defensive when you hear something you don’t like.



HOW WILL YOGA ROCK YOUR WORLD?

I want to help you find out! Contact me today to learn more about my offerings, workshops, and international retreats!

CONTACT SHAWN

shawn@metrowestyoga.net

(508) 525-5025

www.metrowestyoga.net/shawn-shaw

8. YOU WILL LAUGH MORE. When you feel relaxed and content, your sense of humor improves. Also, regular yoga practice encourages you to take yourself—and your perceived mistakes, limitations, and frustrations—a lot less seriously, so you'll be more inclined to laugh with yourself, too!

9. SEX GETS BETTER. It's true! Yoga helps you feel good about your body and yourself. This boosts your self esteem, which enhances your intimate connections. Also, when you know how to be present, you can bring your undivided attention to what's happening in your body, mind, and spirit. This can help you feel sensation more strongly, keep your mind from wandering, and allow you to connect with your partner in new and mind-blowing ways.

10. THE WORLD BECOMES A BETTER PLACE. When you practice yoga and meditation regularly, you are more likely to see the world, and the people around you, in a positive way. Your perspective becomes more optimistic and you look for the good in others and in all of life.

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We are all capable of becoming more brilliant, joyful, and full of light. Yoga has shown me the pathway to this transformation, and I know that, if you allow it, it will do the same for you.

The divine light in me honors and salutes the light in you.
Thanks for reading, and *Namaste!*

Shawn