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## Started week 1 and Yoga has officially killed me!!

Posted by paulo23 - 2008/05/08 17:35

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I'm in week 1 and i've just failed Yoga :(

I've struggled with the other days, especially plyo(man it was good to work that hard though) but i've managed to just get through them.

Yoga i've had to stop half way through because i'm just in pain. Did anyone else have this problem?

I've not very flexible and i've never done yoga before and it's just killed me.

I can push myself through things like plyo because it's just about working hard but i couldn't physically take the pain these moves were causing me.

Should i try again on my rest day or just wait till next week? Have people found the yoga to be a really important part of P90x?

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## Re:Started week 1 and Yoga has officially killed me!!

Posted by Les - 2008/05/08 18:15

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it's Yoga X so it's automatically extreme in comparison to others.

You shouldn't do yoga on your rest day, at least not this week, but I'd strongly recommend you do the stretch it has some Yoga moves but you'll survive them.

Next week will be better

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## Re:Started week 1 and Yoga has officially killed m

Posted by Iskarp - 2008/05/08 20:16

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I agree with Les. Both Stretch and CardioX has slimmed down Yoga programs in them. Yoga is tricky. The harder you try, the worse you do. You need to 'unbring it'.

It will take a couple of weeks to get used to it. Another helpful hint is to break into 2 sessions. Do the movement postures (up to tree), which is like 50 mins of working out, and then do the balance and belly later in the day (42 mins).

But I have found that the more I let myself go, the better I perform. Let your bodyweight do alot of the work.

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## Re:Started week 1 and Yoga has officially killed m

Posted by jodycamp - 2008/05/09 13:29

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YogaX was really hard for me the first week (even though I did yoga about once a week before I started). It was so much better in week 2. I am in week 6 now and I love it!

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## Re:Started week 1 and Yoga has officially killed m

Posted by Football\_fanatic - 2008/05/10 00:58

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About the pain, you might be over stretching. I had some pain yesterday when I did it, but that was because my foot placement wasn't what it should have been and added to much pressure then finally got on track. Since your not flexible, I would try going to your limit and each time try to reach a little farther, like the others said, It'll take a few weeks, maybe earlier, but stick to it, you'll get the hang of it

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