
Yoga Question

Posted by TheFig - 2008/05/22 02:52

I understand that Yoga is no joke, but I only have an hour a day to commit to this program.

Would it be better to do only 60 min of Yoga or replace it with the Cardio program?

I understand that Yoga can provide a great stretch, increase flexibility and balance. The purpose of this program for me is to lose body fat, feel and look better. I've never been active in sports and don't really see that in my future.

With that said, I'd like to hear your opinions.

Thanks.

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Re:Yoga Question

Posted by Kevin - 2008/05/22 05:42

I'd try to work Yoga in, even if you've only got 60 minutes. You can play around with the amount of time you spend on movements versus postures. Like you, I'm pretty pressed for time beyond an hour a day. I'm a martial artist, so I try to spend most of my time in movement activities, but I still realize the need to work balance postures in somewhere, so I'll often work in 15-18 minutes of them. This week, I had a little more time to devote to Yoga, so I did all the movements and about half the balance postures.

Next time around, I might do more of the balance postures and a bit less of the movements. Still, I think something is better than nothing and putting in some time with Yoga is definitely worth it.

Hope this helps!

Kevin

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Re:Yoga Question

Posted by Les - 2008/05/22 05:48

I hear you on the time constraint thing.

I only do the movement section

and try to do the posture/balance on sunday(btw I haven't been able to make it to sunday)
so try splitting it.

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Re:Yoga Question

Posted by TheFig - 2008/05/22 12:38

Thanks for the replies, I might try splitting it up. Is the movement section the first part of the DVD?

Is there any weight loss/cardio benefit from Yoga?

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