

## Yoga: A Centering and Wholistic Practice for Moms

02/27/2008 - By Olga Rasmussen

[print](#)

[add to quick list](#)

[email to friend](#)



Olga Rasmussen from Aligning with Grace

Loudoun moms ... have you ever considered whether the practice of yoga might be right for you?

Have you ever considered whether the practice of yoga might be right for you? Are you a mom who is often stressed out? Are you yearning for greater balance and serenity in your life? Then the practice of yoga might be beneficial and here is why...

Yoga is an ancient discipline. For thousands of years, the practice of yoga has recognized that the

body, mind, and spirit are all inter-related. What happens to one part of you affects all the others. Yoga not only brings your body into greater alignment through the practice of specific poses and postures – but it also shows you how to breathe more deeply and correctly – and how to link your breath with the poses for greater physical, mental, and spiritual well-being.

Yoga will make you more flexible and increase your range of motion—especially important when chasing after little ones or trying to keep up with your athletic teens! Yoga will also make you more calm and centered as well. The physiological and psychological benefits of yoga have been thoroughly documented. Yoga can even improve many serious medical conditions.

Yoga is a practice that brings our bodies and minds into balance and which contributes to physical, mental, and emotional healing as well.

It is also important to note that yoga is not a religion – yet it can deepen your spiritual practice – whatever your religious affiliation or background may be.

As a mom, you have constant demands that are being placed on you. When you need to unwind, yoga can become an oasis in your life. It can also become a life long practice that you can take with you while you are on the road and which you can do anywhere at any time! I've been known to do yoga in airports, on planes, and on the beach. All you need is your mat, which will invite you on a life-long journey of self-discovery and well-being.

Want to know more about the physical benefits of yoga?  
Stay tuned until my next posting!

---

Olga Rasmussen, a Certified Anusara Yoga ® Teacher, has been teaching yoga since 1997. She currently teaches yoga in the Northern Virginia area, and for 9 years taught at The Health Advantage Yoga Center in Herndon, VA. Olga's instruction is equally enriched by her extensive training in this practice and her deep love of spirituality - a life long passion.

Olga's web site: [www.aligningwithgrace.com](http://www.aligningwithgrace.com)  
Olga's blog: <http://aligningwithgrace.blogspot.com/>

---