

Office Friendly Yoga
Program Course Option:

Men Only Yoga

A program designed
by men for men.



Why

- **Flexibility** - By adolescence boys generally lose flexibility faster than girls and. Men tend to favour strength-building activities and so their bodies lose elasticity. Sitting at a desk or in the car for long periods of time does not help. Men pay for this with tight shoulders, hips and back.
- **Learn differently** - Research shows women have more effective mirror neurons than men: mirror neurons are brain cells that help you observe and mimic: you use them to watch and imitate your yoga teacher. Men can be at a disadvantage at mixed yoga classes: teachers need to be more patient and perform more demonstrations for men.
- **Emotional wiring** - Men's brains have a high capacity to process emotions like fear and aggression. With time and training their brains get past limiting competitive urges, and they can access enormous benefits from tapping into yoga's more emotional offerings.

How

The program focuses on an appropriate practice for men using:

- breath exercises to target common areas of physical tightness where men hold stress.
- specific poses that men will enjoy and benefit from.
- techniques to connect movement with breath to calm and support the brain in focusing on what's important.

What you will learn

- A simple, effective practice that can be done at home.
- How to relax and open key areas of the body affected by tension, poor posture and sitting for too long.
- Breath techniques that help manage feelings of stress and overwhelm.

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