

YOGA FAQs

1. **What is yoga?**

Yoga is an ancient form of health promotion, involving physical activity, breathing exercises, relaxation techniques and meditation practices to enhance mindfulness and mind-body awareness. It is useful to reduce stress and to improve overall psychological well-being.

2. **What will I get out of practicing/studying yoga?**

Through yoga class participation you will become more aware of your mind and your body, will learn ways to calm your mind, and about how to create new healthy habits.

3. **Who can practice yoga?**

Everyone can start a yoga practice. Yoga poses (called asanas) can be modified to benefit each individual's needs and body type.

4. **What do I need to start?**

You need an open mind, a yoga mat, and comfortable gym clothes that allow you to move freely. You may bring water to class and should allow 2 hours between your last meal and class.

5. **Do I need to register in advance?**

No, all you need to do is show up in clothes you feel comfortable moving in.

6. **Are there mats available?**

Yes, we have mats that are available to borrow for free in some locations but it is best to bring your own mat.

7. **Is there a cost to attend?**

No, all classes are free to attend.

8. **Questions?**

Contact mountsinaiyogaprogram@gmail.com or to 4calm@mountsinai.org.

USEFUL YOGA TERMS

Asana	“seat,” pose or posture
Mantra	repeated sound, syllable, or phrase chanted during meditation or before/after yoga practice
Namaste	a respectful greeting and farewell it translates to “I bow to you” or “the light in me honors the light in you”
Om	the original and universal sound, pronounced “Ah-Oh-Mmm” chanted before and/or after class
Shanti	“peace”
Mudra	hand gesture or position
Karma	“action,” the universal law of cause & effect
Pranayama	breath control, breathing exercises
Yogi	male practitioner
Yogini	female practitioner