

What Makes North Georgia Yoga Different?

At North Georgia Yoga, it's all about **YOU & YOUR** wellness. As we instruct you through your practice, we teach you to LISTEN to your body's natural intelligence to tell you when to move on, stop & rest or stretch further. Your body is your best teacher, as it can feel the pose & we have to feel to heal. It's not how a pose looks, it's how it feels. Do the pose the best you can, for that day, is the perfect pose. We teach you to learn the difference between pain & the exquisite sensation of an intense stretch.

We teach you to leave your ego at the door. To step out of the competitive mind set, even with yourself. To step out of your head & into your body. To really connect with your body. To not just do the pose, but feel the pose. Yoga teaches that where the mind touches the body, the cells respond.

Hatha Yoga is totally different than any other form of physical activity – all our lives we are taught to push harder, go further, no pain – no gain. There's always a level or goal. We teach you that EVERYTHING in your yoga practice is within your own capability. You are never expected to reach a particular level. Yoga teaches that the only way to make rapid progress is to progress slowly.

We encourage & inspire you to love & honor your unique body as it is, not expecting too much. We teach that our bodies are different every day, so every practice is different.

Our bodies are like a plant, an animal, a child. If we nurture it, be kind to it, let it do what it can do, it will unfold, blossom & grow in its own time.

We teach you to continually be mindful of your breath, not only in your practice, but at all times. Yoga practices improve our breathing techniques and this will benefit the well being of the whole body.

The postures of yoga help us to attain a healthy, well functioning, balanced body. It is a fully integrated & holistic practice for the entire being. There is no reason why you shouldn't be as flexible in your seventies as in your forties.

"I do not tell you this because I am an instructor & own a yoga studio. I am an instructor & own a studio because of my passion for this beautiful gift of yoga, & how it has healed my body & mind. I'm in better shape now than I was in my twenties! I want to help people have a new sense of freedom knowing that getting older doesn't mean physical deterioration & that they can feel good in their bodies at any age!"

Cathy "C.C." Carter ☺