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Why Men Need Yoga, Too (Please Pass This Along!)

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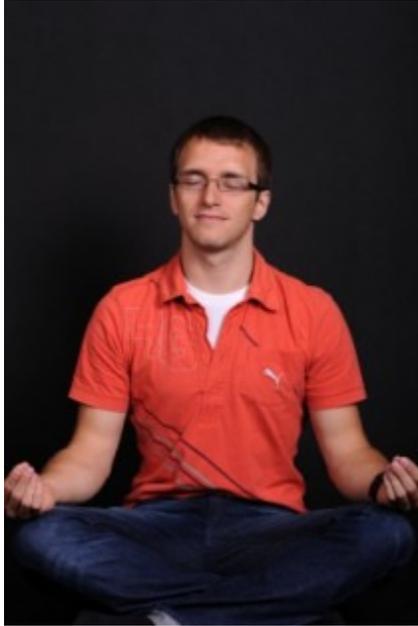


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Think yoga is just for women? Think again. Hatha Yoga was originally created and practiced by men - exclusively. As a former football player, weight lifter, and non-crier, I can't recommend yoga enough. And so I hope you will consider it too--and for women reading this, that you'll forward along to your brothers, husbands, sons, friends.

Men Are Taught to be Tough

From an early age men are taught to compete on every level. Our social training is "win or die - and never let anyone see you cry."

And from this social training, our gender has become emotionally blocked and even impoverished without knowing why or even how it happened. Think back to grammar school, after a fistfight, even after getting pummeled repeatedly in the face – we held back our tears at all costs. It was imperative that we let no one see that we can be emotionally harmed.

This social training imprints deeply and carries over into adulthood in unhealthy ways, and each and every day the pressure on our body, our mind, and heart, builds and builds.

Why Men Need Yoga, Too

Statistics tell us that men are much more susceptible to heart disease than women. We die sooner due to higher levels of tension, anxiety, and repressed grief. And of course, buried grief and rage spurs some men on to violence. So, then what are we supposed to do? Drink alcohol? That is the choice for many, but the next morning nothing has changed except for the hangover.

We hear that hatha yoga might be the answer, that it can improve your physical health and even improve your ability to cope at work and your relationships. But you (or your husband) think, "I can't do yoga - I'm not flexible enough." This is like saying, "I can't lift weights because they are too heavy," or, "I can't go to school to learn to read because I can't read." Let's use the reading analogy: In school, first you learn the alphabet, then you learn to read, then you can study books that can change your life.

We are far less likely than women to give yoga a try, and yet we are in desperate need of it. Yoga accesses and releases our stored up emotions, but this is why it terrifies us, because we men do not want to show our vulnerability, our grief, or our fear which we've been taught are signs of weakness and impotency. It goes against everything we were taught. And that scares us. A lot.

It will be one of the hardest challenges you have ever faced but will reap benefits you desperately need but have not understood how to obtain. Just like the ads read... in body, mind, and spirit. Try it three times a week for two months and see for yourself.

Max Strom is a teacher, speaker, and author who teaches personal transformation and yoga. His latest book is "[A Life Worth Breathing](#)". Please visit his website at [MaxStrom.com](#).