

The Centered Place: Yoga for Every Body

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In conversations with folks unfamiliar with yoga, we often hear their hesitation expressed as: “I can’t do yoga; I am not flexible enough.” They might be thinking of a magazine photo they saw, in which a petite model was contorting like a pretzel. That is not the yoga we teach at The Centered Place, where yoga is for every body.

At the Centered Place, we teach Svaroopa™ yoga, a style that is comfortable, deep, and respectful of individual differences. Flexibility is not a prerequisite for the practice but rather a result — one of many benefits made possible by a gentle, compassionate, supportive approach.

To promote inner opening, we emphasize precise alignment and props for support. This enables release of deeply-held tension that inhibits your body’s natural grace and healing capacity. Released muscles gain both strength and agility. Tense muscles are weaker and more prone to injury.

Using props (chairs, blocks, and blankets), we tailor postures to fit the unique needs of each body instead of forcing everybody to assume the same position. For a seated posture, Michael might need two blankets to ensure support of his spine, while Mary might need three. Both students can then comfortably and safely achieve effective release. That is why Svaroopa yoga serves so well for so many.

Though you might turn to yoga for reasons most people do — to relieve back, neck, or shoulder pain and other physical problems — you are likely to get more than you bargained for. Svaroopa yoga enhances the quality of your inner experience. Along with physical fitness, you develop mental fitness and self-awareness that are both empowering and healing. Deep release of physical tension inevitably releases anxiety and even fear. In times laden with stress and uncertainty, you gain the certainty of your own inner peace and strength.

Biography

Phil Milgrom co-directs The Centered Place in Warren, MA with his life partner Nancy Nowak. He is also a motivational speaker and stress management consultant. For more information about The Centered Place, visit www.thecenteredplace.com or call 800-815-7374.