

# Lake State's Yoga Club

Contributed by Kayla Robertson  
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Yoga has undeniable benefits. It improves flexibility, balance, focus, overall health, and reduces stress. Yoga even tones muscles. Writings about Yoga first appeared in Hindu texts near 200 B.C. as "Yoga Sutras". Yoga was originally done to prepare the body and mind for meditation in hopes of reaching enlightenment. 1800 years later, its popularity in the United States is surging as its benefits are realized. Some people have begun to question whether it's even better than visiting a gym. Not only is it good for muscle development, flexibility, and mind, it can also help relieve joint pain whereas other exercises can easily irritate joints. But how can you practice yoga?

Lake State has a club that can provide you with a relaxed environment while you learn and practice yoga. It's a great way to try something new and learn about a better way to relax.

"It's a very relaxed club. We just together and practice yoga. No responsibilities. You can come late or leave early. It's a great opportunity for students to relax and find their inner-self and gain a little flexibility," said Eric Smith, one of the six regular members of the club.

The club was created in the spring of last semester and is intended for people of all skill levels wishing to pursue an interest in yoga. The club was developed because many people take Lee Carlson's yoga class through the school but lose interest after the semester ends because they have no place or reason to practice. Lake State's yoga club is the perfect opportunity to relieve stress, improve balance, health, and concentration in good company. It's intended for anyone interested in practicing yoga and is also a great opportunity to practice for those already in Lee Carlson's class.

As we inch closer and closer to finals, yoga might be your chance to release some stress and center your mind so that you're better able to focus your energy. Also, it's proven that exercise boosts your energy. Why not give yoga a try?

The club meets every Wednesday and Friday. Wednesday the club meets in the Cisler center from 4:30-6 and on Fridays they meet in the Norris Center from 5:30-7 p.m. The club is free and is not only open to students, but also staff and community members. All are welcome. If you have a mat, it is suggested that you bring, but it's not necessary. In order to practice most effectively, wear loose-fitting clothes. For more details, email [esmith@lssu.edu](mailto:esmith@lssu.edu)