



*Observations on business, gaming and life.*

**Raving**perspectives

*by Dennis Conrad*

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# I do see value in yoga ...

**when all you have to do is lay there and relax.**

Dear Ravers,

My wife, Becky, has tried numerous times over the years to get me to join her at one of her yoga classes. I think she tends to forget the one time I did try yoga a few decades ago and had to have EMTs unpry my legs from the Lotus Position.

It's not that I don't see value in yoga. Or meditation. Or tai chi. Or any of a number of other disciplines or activities designed to promote inner peace and wellness.

It's just that I have trouble doing them.

Especially yoga.

Well, having recently lost sixty pounds (and maintained it!), I was approached again by Becky to do yoga with her and two good friends, both older and no more limber than me.

"It's 'Restorative' Yoga," she implored. "What's that?" "It's yoga where all you have to do is lay there and relax," she lied.

Well, although I am good at "just laying there" and not so good at "just relaxing," I took the bait, I mean, "I graciously saw the wisdom of my wife's advice."

And surprise of all surprises, I kind of liked it. I have now been to three Restorative Yoga classes with my wife and our two good friends.

And here is what I think I have learned at "Simple Yoga":

- It's doable. It's not just "laying there," but dammit, I can do it.

- There is something about a yoga instructor's soft, encouraging voice that alone makes it all worth it. In fact, I would pay the ten bucks just for that.
- I still can't sit in the Lotus Position, but you know what? I am okay with the "Pretzel Position."
- The hour immediately after yoga has quickly become my most relaxed hour of my week. It just seems to put a nice glow on the day and give me a relaxed perspective, as well as make me even more appreciative of my wife (but mum's the word on that; I don't want her leaning on me to do "Real Yoga").

So, maybe you too would enjoy yoga. Or any of a number of other activities that we all are maybe too proud or stubborn to try.

Namaste (I think that means "No More Stress"),

A handwritten signature in cursive script that reads "Dennis".

Dennis Conrad  
Fan of Easy Yoga

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