

Stretching has marvellous health benefits. One of the first things people tell me the day after their first class is "Wow - I had an incredible night's sleep for the first time in ages". Other than the obvious – it feels amazing – there are the following benefits as well:

- Stretching improves the range of motion in your joints – Therefore you will have better balance and coordination, which will help to keep you mobile and less susceptible to falls. I have survived many dangerous falls with minor injuries because of this fact.
- Adding on to the previous point, it also reduces your recovery time e.g. I injured my knee during the holidays whilst snowboarding (minor tendon injury which could have been very serious had I not been so flexible) and it recovered within a week.
- It releases toxins that are trapped in your lymph nodes and it improves your metabolism. Who wouldn't like a healthier body?
- It relieves stress – which, as mentioned, results in a better night's sleep.
- It increases the power and elasticity of your muscles – thus improving your performance in any physical activity.
- It improves circulation by increasing blood flow to your muscles – which again ties in with speedy injury recovery.
- It improves your posture which in turn helps with the following:
 - Prevents backache and muscular pain.
 - Helps decrease the abnormal wearing of joint surfaces.
 - Decreases the stress on the ligaments holding the joints of the spine together.
 - Prevents the spine from becoming fixed in abnormal positions.
 - Prevents fatigue because muscles are being used more efficiently, allowing the body to use less energy.
 - Keeps bones and joints in the correct alignment so that muscles are being used properly.

There is one more major benefit that I would like to mention completely on its own as it deserves all the recognition it can get – it is an intense and very powerful meditation tool. When you allow

yourself to focus solely on stretching, your mind enters a zone which allows you to find far-reaching clarity and serenity. For this moment in time, you can let go of all the things in your life that are problematic. If you'd like to experience all of these benefits, pop me an email for more information on our stretching classes.