

Yoga

	Benefits	Disadvantages
Studio Classes	<ul style="list-style-type: none"> -Have support and guidance provided from a teacher -Meet and interact with like-minded people -Advance your learning -Get inspired by different teachers and fellow students 	<ul style="list-style-type: none"> -Can be costly -Travel to and from the studio can be time-consuming and stressful -May not be ideal for people who need individualized attention -Depending on the size of the group, you might not be corrected by the teacher when necessary
Self-Practice	<ul style="list-style-type: none"> -Convenient -Learn to listen deeply to your own body and what it needs -Personalize your practice depending on the day and how you're feeling -Free, or more cost effective, even if you subscribe to classes online 	<ul style="list-style-type: none"> -Miss out on the support and guidance from a teacher -Miss out on the energy that comes from a group class -May develop poor habits, which could inhibit your practice -May lose motivation without class structure

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