



How to Use Technology to Improve Your Yoga Game

By Sheila Johnson

When you first started yoga, it never occurred to you how much you would love it. Getting up early to work out used to seem laughable, but now you're looking forward to performing your sun salutation and meditating. You find yourself joining online groups, reading blogs, and looking up tips to help take your yoga game to the next level. Then, you notice a trend of other yogis using technology in class, and you may be wondering if it's for you. If you're curious about how technology can be used while doing yoga, here are six tips to get you started.

Wearable Fitness Devices

Whether it's a Fitbit or an Apple Watch, using a wearable fitness tracker has a variety of benefits. You can keep track of your heart rate, blood pressure, activity level, how many calories you've burned, or even your sleep cycle. Of course, it's important to determine whether you want a smartwatch or a fitness tracker. While the former can perform a wide array of different functions, the latter tends to focus more on your health, workouts, and fitness goals. It all really boils down to personal preference, so make sure you know precisely what you want from your smart device before investing money into it.

Find an Instructor You Love

If you've been to a few yoga classes, but want to try moves that you aren't familiar with, finding a class with an instructor you can train with face to face is probably your best bet.

Your body is learning to move in ways that you're not used to, and doing the right pose the wrong way can lead to injury. That's why it's important to find an instructor you like, trust, and enjoy learning from. Don't be afraid to visit several classes until you find the style you're looking for and an instructor that you get along well with. This may not seem like a big deal, but it's hard to meditate when you keep thinking about the last snarky comment your instructor made about your downward dog. You can also check reviews online to see what others are saying before you ever step on the mat. Once you're comfortable with your yoga routine, there are plenty of online yoga instructors if you prefer to workout from home.

Get in the Zone Through Meditation

Research shows that meditation can help relieve depression, stress, and anxiety. Since there's no one on Earth who is completely stress-free, meditation can help you work through it.

Small Workouts Still Count

It's no secret that life can get hectic, and exercise is one of the first things to get pushed to the back burner. This is a mistake, as exercise should be a priority no matter what is going on. Some studies have shown that even a small amount of exercise can help you stay healthy, so if you only have seven minutes to do a yoga routine, do it; your body will thank you for it later.

Set an Intention or Goal

This may seem obvious, but it's a step many people often forget. Setting a goal forces you to decide what you want and helps you decide how you'll go about getting there. Decide how much time you want to invest in yoga and then set a realistic goal that you can achieve. If you meet this goal, then set a new one. Use your phone to keep track of how many classes you've attended and how close you are to achieving your goals.

Doing yoga doesn't mean that you have to change your lifestyle and give up technology. If anything, technology can help you perform better than ever.