

YOGA

OCTOBER 30, 2018 BY INSTRUCTOR

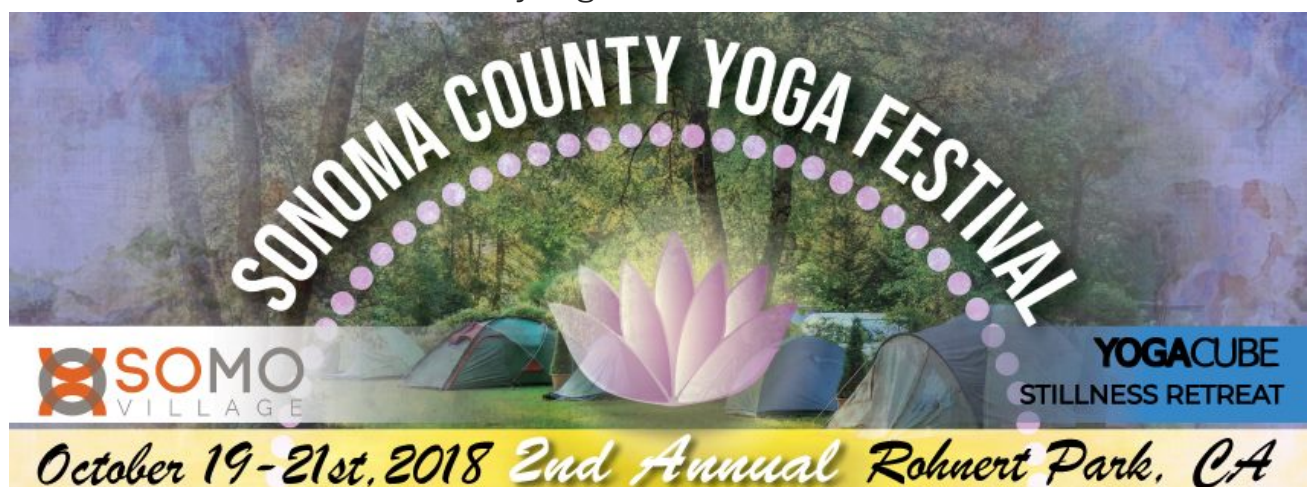
Design Kit Inspiration

I never thought about doing yoga. Most men don't do yoga. However, I became interested earlier this month, and now I love yoga. I wanted to learn more about yoga, so I used the Analogous Inspiration phase method to find out more about yoga. I interviewed yoga instructors on what prompted them to become yoga instructors. I attended yoga classes at 24 Hour Fitness (it's free with membership) to witness the experience first hand.



By 24 Hour Fitness – Brands of the World, Public Domain,
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I also attended the Sonoma County Yoga festival.



It was really cool to learn more about the people whom enjoy yoga. They are a surprisingly warm and accepting community. For them yoga is more than just a physical expression, it is a spiritual one that connects us all together.