

# Aging beautifully with Yoga

by Andrea Blair Cirignano



Beauty is in the eye of the beholder...and so is aging. A young girl used to look at her grandmother with awe and she would respect that each of her elder's lines and wrinkles were signs of wisdom and lessons learned.

Nowadays, American women will do anything to avoid signs of aging. Many beauty magazines recommend girls start using anti-aging eye cream at 15 years old and there have been recent reports of 18-year-olds getting BOTOX® injections.

This country's current celebrity-endorsed culture is difficult to escape

but one place to solace is on the yoga mat. True, some yogis are in it for a better body and students can get a great workout from their practice but yoga offers so much more than a tighter behind, according to local practitioners.

"I used to see my body only from the outside, every wrinkle, every bit of fat, every imperfection," said Lily Burns, manager of Flow Yoga Redmond. "When I'm practicing yoga frequently, I find myself more focused on the inside, and how my body really 'feels' rather than looks."

Perhaps it's a reflection of the natural beauty in the local scenery, but many greater Seattle-area residents seem to focus more on health than looks.

Burns said she thinks that "people in the Pacific Northwest have a generally more healthy view on aging and beauty, and value a healthy diet, strength and stamina more than whether or not an individual has wrinkles or grey hair."

She added that in the local scene, a resident "with wrinkles and grey hair who takes good care of him or herself through diet and exercise is likely to be admired for their vitality rather than seen as 'aging.'"

No matter what the culture, a person looks more beautiful and appears to age more gracefully when he or she is healthy and confident. Yoga is a great tool to lose weight, build strength, gain balance, reduce stress, improve sleep and raise self-esteem; all of which lead to a healthier body and mind and, therefore, a slower aging process both in the mirror and to passers-by.

*Writer Andrea Blair Cirignano is a local yoga instructor with a journalism background. She believes yoga is for everyone and that each member of the community could benefit from the practice in some way, shape or form. Her articles highlight the unique pairing of this ancient practice with a modern Pacific Northwest lifestyle. Find out more about Andrea at [YogaTone.net](http://YogaTone.net).*

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