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## Practice makes perfect for yoga students Yoga is like piano lessons, teacher says. Practice is needed

BY KAREN GRAM DECEMBER 27, 2008

As a former yoga dropout-turned-teacher, Eve Johnson thinks she has hit on a way for the resistant among us to gradually work our way into practising yoga.

She credits her own former teacher who, faced with Johnson's early inability to practise, gave her just one pose to do at home every day.

Johnson started doing it every morning as soon as she put the kettle on for coffee and within two weeks, her shoulders were more open, her hamstrings longer and she was able to go deeper into the poses at her weekly class.

"I really, firmly, honestly believe that yoga is like taking piano lessons," she says. "If you never do home practice, you are pretty much stuck."

Now an Iyengar yoga teacher and co-owner of Yoga on 7th, Johnson says she was always nagging her students to practise at home, but they were full of reasons why not to. They didn't have time, they weren't sure what to do and then they challenged her. "Come home with me and I will practise," they promised.

"Yeah, okay," thought Johnson. She could have done a DVD, but she didn't want people to have to watch the screen when they should have a more inward gaze.

So she made an audio file guiding people through a collection of poses and put it on a memory stick. She included still photos so people could look once at the poses and then just listen for instruction.

In answer to the issue of time, Johnson asks for just five minutes. "When you say you don't have five minutes, it's hard to look your self in the eye. You do have five minutes and then you find out you have 15 really. It's a little sneaky, but if you can lock something in, just like brushing your teeth, then you are more likely to add another five here and another five there."

At this time of year, with everyone overwhelmed with both fear for the future and with the busy-ness of the season, Johnson says yoga is an excellent antidote, clearing your mind of constantly churning thoughts and providing you with enhanced self reliance, balance and clarity.

The memory stick can be purchased online at [www.yogaon7th.com](#), but it's cheaper (\$30) at Halfmoon Yoga Products on Granville Island. Wrap it up with a yoga block or strap and give it to some one who always says they want to start practising yoga.

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Mother Nature isn't letting up on Metro Vancouver just yet, but this time she's soaking the region with rain. Heavy torrential rains are expected this evening following a

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NBC 10 Columbia (WIS)  
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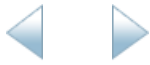
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