

## chapter 1

# Maximize Your Results

*"The future depends on what you do today."*  
Mahatma Ghandi

Often, I see people who are in a hurry to get results. They are excited and push themselves vigorously and continuously. Now I have nothing wrong with enthusiasm and pushing. I wouldn't be able to do all of the things I do without some internal pushing and enthusiasm. However, when one moves out of the realm of effort and into the realm of forcing, continuing at all costs and pain, one's efforts become sabotaged. Burnout, fatigue, and injuries have squashed many a personal goal, project, or New Year's resolution. This doesn't have to happen with The 2 Minute Yoga Solution™. You can be successful with The 2 Minute Yoga Solution™.

### Your Comfort and Enjoyment Should Be at the Forefront of Your 2 Minute Yoga™ Practice

You should avoid these sensations: sharpness, tingling, numbness, burning, radiating pain, and feeling the "stretch/strength" in your joints instead of the muscles. If you feel any of these sensations, back off, re-read the directions, and if you think you might have gone into the pose incorrectly, gently try again. If you still feel any of the above sensations, skip that pose. You can always come back to it after a healthcare provider or experienced yoga instructor has helped you to get at and solve the root of the problem and they give you the okay.

Likewise, if mentally you feel yourself not responding positively to any one of the practices, discontinue it until you know you can practice it with positive results.

The Practices in The 2 Minute Yoga Solution™ Were Chosen Because Most People Will Be Able to Practice Them Safely, Comfortably, and Enjoyably—  
and  
Attain Great Results!

These are the sensations you should be striving to feel: less stress and less pain, more flexibility, strength, energy, motivation, focus, happiness, calmness, etc.

The 2 Minute Yoga Solution™ is not about being over-zealous. Two minutes of forcing, straining, frowning, and feeling uncomfortable will not help you achieve your goals. Being disciplined to focus on your body, your breath, and your mind enjoyably and safely for two minutes is your objective. That kind of two-minute focus will give you the best results.

## Show This Book to Your Healthcare Provider!

Check with your healthcare provider before beginning this or any exercise program. *Please* take this book with you on your next visit. Not all yoga programs in books are as safe to practice as The 2 Minute Yoga Solution™. Also, your healthcare provider might not be familiar with yoga and its many benefits. By showing him or her exactly what you are asking permission to do, you will help him or her give you the best advice.