

Yoga Class –Music or No Music

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This article reviews the pros and cons for music in Yoga class.

Pros:

- Fun, feels like a party
- Is central to relaxation to some
- Helps people connect to their feelings

Cons:

- Moves to tears
- Distraction from the breath
- Takes away from inward reflection (is this good or bad?)
- Makes it feel like aerobics, not yoga
- Silence provides a relief from external stimuli

Road blocks

- Variety of music preferences
- Beat of music can affect the heart rate
- Not good for savasana