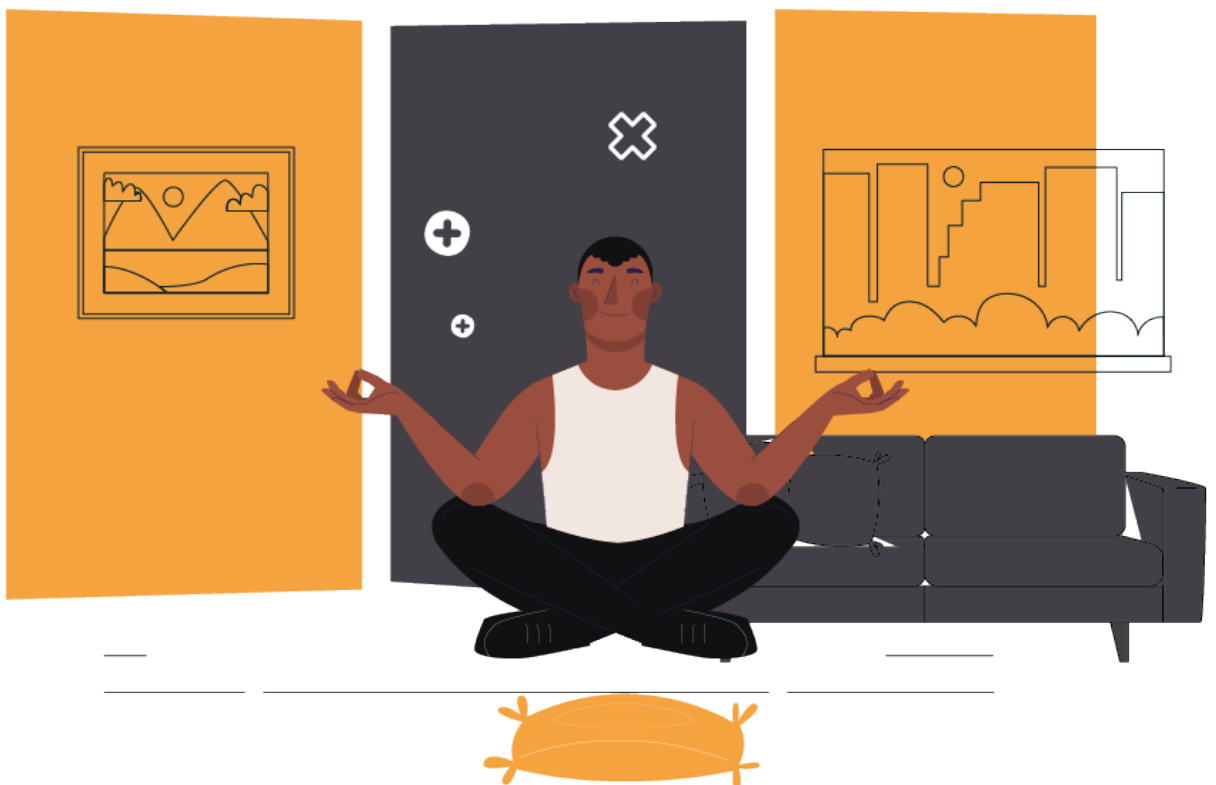


WHAT IS YOUR
**SUPER
POWER?**

Taking care of one's physical and mental health is challenging, especially given the many distractions preventing humans from maintaining healthy habits, such as lack of time, inability to adopt a new practice, and even lack of confidence in making positive changes. Success is possible, but you need to be consistent in your practice. When a student decides to take up yoga, they must keep in mind that they will begin a virtuous cycle that will directly impact their own longevity.



This is because consistency will consolidate the neural processes that create new pathways in the brain and, consequently, in the body. Throughout life, our motor development happens according to our behaviors, the tasks performed, our biology, and the environment in which we live. Each day, the information from this flow is consolidated in every cell in the body and brain, shaping our abilities and, consequently, our health.





When we dedicate ourselves to a specific sport, such as soccer, for example, despite putting our bodies in motion and doing what we like, we run the risk of suffering from injuries that, without proper restoration, will accumulate. **Note here that there is a difference between consistency and specialization.** The former is a continuous habit based on physical well-being and capable of restoring our body, while the latter is a continuous act of attrition that, in the medium and long term, will cause us physical decline and can easily impact motor skills.

Consistency in yoga practice is a superpower, as it promotes a self-massage that reaches the

numerous vertebrae affected by specialization. It is a process of complete restoration, helping us recover from the damage caused by stressful sports practices.

This is what happened for one of my oldest students, Carlos, a high-performance athlete who was a semi-professional futsal player. Futsal is a game a bit like soccer played on hard courts that are smaller than a traditional soccer pitch, with a smaller ball, fewer players and often indoors. Carlos came to me more than 20 years ago with many injuries. Initially, he saw me for chiropractic treatment, but I soon realized that his body needed something more effective and profound, like yoga.

CONSISTENCY IN YOGA PRACTICE IS A SUPERPOWER, AS IT PROMOTES A SELF-MASSAGE THAT REACHES THE NUMEROUS VERTEBRAE AFFECTED BY SPECIALIZATION.



Today, at 63, he continues to participate in futsal matches with his friends - many

of whom are much younger - maintaining excellent performance. It was the consistency with yoga that contributed to the recovery of the many issues that accumulated in his body over the years of playing. Even more, his story shows us that it is possible to age better, living an intensely active lifestyle and with better health. I consider this a successful case of yoga that also shows how consistency is a superpower in the quest for better ageing towards longevity!

During Carlos' seventeen uninterrupted years dedicated to futsal, he won many awards. Those years were, however, also unforgiving to Carlos' body. Not only

“YOGA IS NOT A SHORT-TERM REMEDY”



because of the physical wear and tear of playing at a high level but also because, according to him, he had flat feet, which led to increasingly persistent ankle and knee pain when running on the hard courts.



FUTSAL DEMANDS A LOT OF PHYSICAL ENDURANCE FROM THE ATHLETE. THE MOVEMENT OF THE GAME IS MARKED BY INTENSE ACCELERATION AND DECELERATION AND MOVEMENTS THAT REQUIRE HIGH LEVELS OF AGILITY. THERE IS ALSO A LOT OF PHYSICAL CONTACT BETWEEN PLAYERS, WHO RUN CONSISTENTLY ON COURTS RANGING FROM 25 TO 42 METERS LONG BY 16 TO 22 METERS WIDE. IN ADDITION, THE TIMING OF THE COMPETITIONS MEANS THERE IS REDUCED TIME FOR RECOVERY.



A survey conducted by academics at the Federal University of Santa Catarina to identify the most frequent injuries in athletes participating in the National League in 2009 showed that muscle injury, sprain, tendonitis, and low back and neck pain were the most commonly reported by athletes or the coaching staff. For the scholars, the data reinforced the need to develop muscle strength, flexibility, motor coordination, and proprioception – the ability to recognize the body's spatial position and orientation – to prevent injuries.

Given the demands of the sport, it was not surprising that in a medical consultation, Carlos was advised to stop playing to avoid further issues, which were likely inevitable. Two decades ago, indoor soccer demanded more from the athlete's bodies—the courts were harder, and the rules meant there was a lack of substitutions, meaning players would have to compete even when injured, overloading the body even more. Carlos, however, was used to carrying acute injuries, and he chose to ignore the medical advice and continue in the sport he loved.



One day, talking to a friend from the soccer group, he complained about the ankle issues that were creating pain. His friend advised him to seek out Francisco Kaiut, who was working as a massage therapist and in the early years of developing the Kaiut Yoga Method.

"I went to meet Francisco and, from the beginning, I thought he was a remarkable person, with an impressive service, very different from anything I had ever seen in my life. We agreed to continue with the massages once every two weeks to treat my pain." As time went by, the treatment improved Carlos' general condition. Despite this, Francisco suggested yoga classes that worked like self-massage and allowed access to areas of the body that would lead to more efficient recovery of Carlos' injuries.

At first, Carlos refused because the yoga classes coincided with soccer games. However, doubts and internal questioning made the decision difficult. Until then, soccer always came first, and nothing had ever challenged that. The opinion of his soccer friends also became an obstacle. "How could I explain that I would stop playing to practice yoga? For sure, some would think I had gone crazy. Others, who were uninformed about yoga, particularly this Method of Francisco's, would think I would rather stay in a room, listening and chanting mantras than running on the courts. Who would understand that?"

In June 1999, Carlos finally decided to step away from soccer for a while and started classes every Monday and

Wednesday for one and a half hours. "Six months later, my friends asked me to play again on Monday nights. I didn't accept the invitation because in such a short time I had such amazing results that this time I chose not to abandon yoga. I had already done other treatments, physical therapy, and taken anti-inflammatory drugs, but nothing had been as effective for my pain."

For Carlos, it was very clear from the beginning that yoga was not merely a short-term remedy. **"If it was that, it would be magic or something. I understood that it was a long-term resource that would deliver deep healing and amazing results in a few years."**



Yoga a RESOURCE FOR HEALING

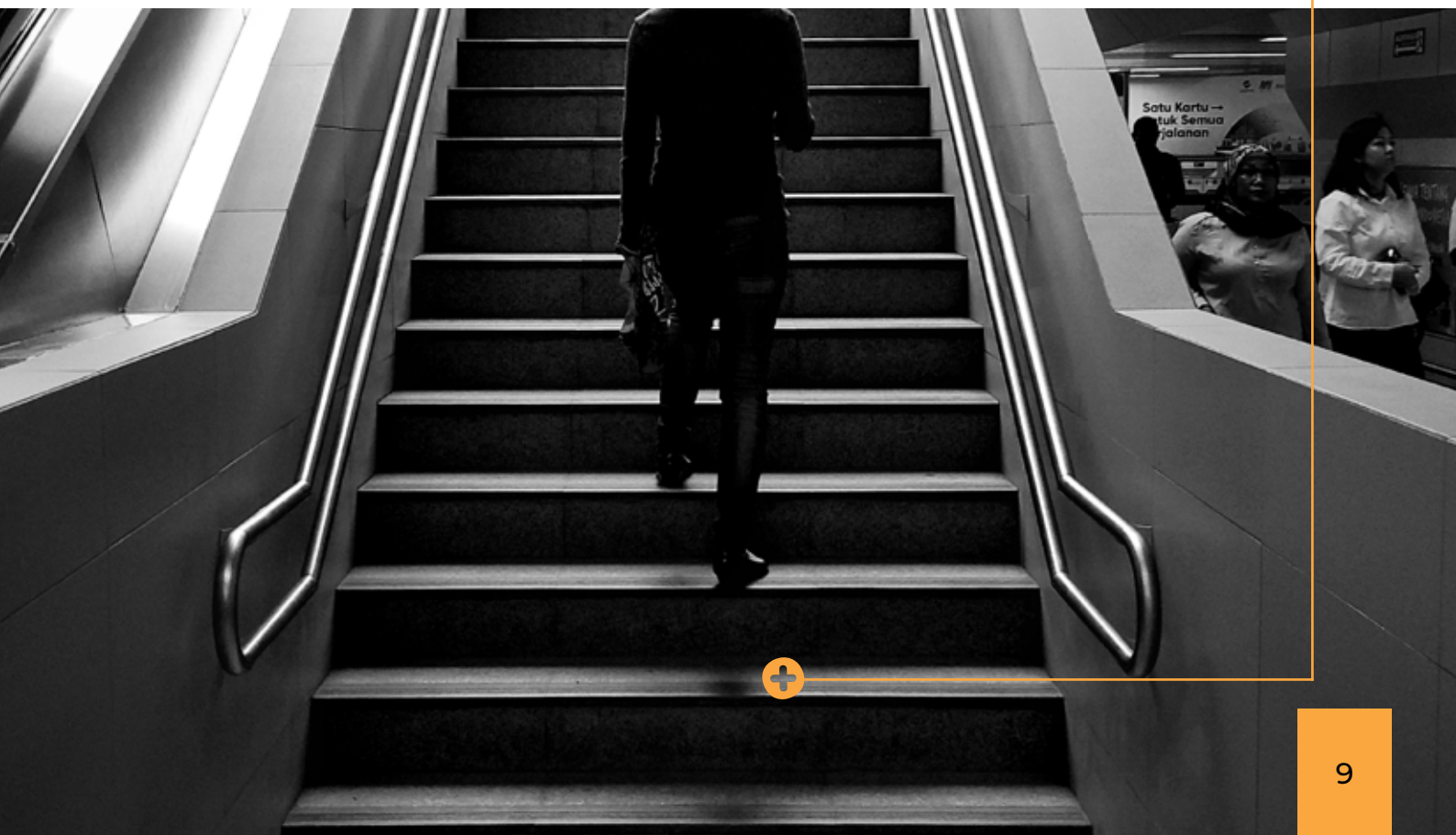
In the first months of practice, Carlos realized that he had gained more mobility and a dramatic reduction in pain. The pain didn't disappear completely, but it reduced to the point where it became bearable. "I realized that I was going to take yoga for the rest of my life. Other treatments I tried did bring benefits and gains at first, but this gain curve then declined. In yoga, this curve does not exist, it keeps delivering positive results."

"I REALIZED THAT I WAS GOING TO TAKE YOGA FOR THE REST OF MY LIFE. OTHER TREATMENTS I TRIED DID BRING BENEFITS AND GAINS AT FIRST, BUT THIS GAIN CURVE THEN DECLINED. IN YOGA, THIS CURVE DOES NOT EXIST, IT KEEPS DELIVERING POSITIVE RESULTS."



Soccer demanded a lot from the athlete's body, and the effects were reflected beyond the court, with pain and other issues related to mobility. In the same way, the practice of yoga brought results that went beyond the limits of the mat. He says that he can see results in everyday situations, such as climbing stairs. "Before, when I had pain, I would be thinking and more aware of all my injuries and difficulties as I climbed a flight of stairs. Today, I can simply walk upstairs without even thinking about it. Every day I use a little bit of the practice".

Another change he has noticed is when traveling by plane. Before, it was torture to sit for hours during an airplane flight. Now, even a long flight no longer bothers him. "I can sit or stand for a long time without a problem. For me, the results of yoga are daily and multiple."



Rescuing HUMAN POTENTIAL

Carlos also experienced more complex situations, which revealed how much yoga can add to an individual's health. On two occasions, he received a medical recommendation to undergo shoulder surgery. First, he tore the ligaments in his left shoulder and, a year later, in his right.

The first time he was playing on the coast of Paraná, he came back to Curitiba, did the exams, and the recommendation was surgery. So he went to the yoga school and talked to Francisco. Francisco listened attentively, looked at the exams and said: "no, you will not have surgery". Surprised, Carlos responded: "I have ruptured ligaments. How are you going to treat that?" In the coming months, Carlos attended yoga as



he had been, didn't have surgery, and the ligaments healed.

One year later, he tore the ligaments in his right shoulder. In another consultation with the same doctor, he had an ultrasound on the right side, and when the doctor looked at the left, he commented that the left side had fully recovered.



Faced with the diagnosis, he also trusted that he wouldn't need surgery and didn't do it. He knew that even if he did, he would have to be extremely careful not to tear it again. If he had the surgery, it was unlikely he could continue with life as usual. "After that, I heard reports of people who needed to undergo several surgeries because just one wouldn't solve it. I opted for yoga."

From consistent practice in the Kaiut Yoga Method, Carlos started living better, regaining all the body's natural potential hidden in his system. The Method gets to the essence of each classical yoga position and uses them to restore the function of the body. This is how it promotes self-massage

"THE METHOD GETS TO THE ESSENCE OF EACH CLASSICAL YOGA POSITION AND USES THEM TO RESTORE THE FUNCTION OF THE BODY"

and reaches parts of the body that are difficult to access manually. From consistency, one gains mobility in a process that makes the body more available in the future, fostering overall health.



The value of **CONSISTENCY**

For more than twenty years, Carlos has kept up the practice three days a week, early in the morning. Even during the pandemic, when classes went online, he persisted. "At home, I was able to devote more time to yoga, I do it without timing the beginning or the end of the class. And I'd leave the mat in a corner, so I'd walk by it again and again, stop and do a posture."

Consistency has also brought gains in sports. Athletic by nature, he still plays futsal and runs and has received many awards. From 2009 until now, he has won 75 prizes in masters-level (over 50 years old) tournaments.

Of course, he recognizes that he feels some pains, but they do not bother him or disrupt his activities. On the contrary, he manages without having to take medication. His performance in physical activities has improved, especially when it comes to breathing. At 63, watching him in a match with his friends, it is undeniable how much better his performance is than the others. He runs around the court for a long time and maintains normal breathing, while others lose their breath easily. "Attention to how we breathe is incorporated with practice. Of course, I don't intellectualize how I should breathe, it happens naturally and so does the recovery during a match."

More than twenty years have passed, and for him, every day is proof of the value consistent yoga practice has brought to his life. After all, he is better today than in the beginning, and he realizes this not only in his breathing or sports performance but also in other areas of life. If there were any doubts, they have been answered. It takes belief and persistence in the practice to see results.

"We have to believe in everything we do, because if we don't believe in it, it won't work out". In an analysis of his own physical state, mood, and well-being, Carlos wonders how he would be if he had not chosen to follow the yoga practice. What level of pain would he have? "Probably terrible." Based on his current per-

formance, Carlos considers that the age of his body is at least ten years less than the real one. He reinforces that the high performance is due to his superior cardiorespiratory capacity.

During this time dedicated to yoga, he has recommended the practice to friends, relatives, and acquaintances. From most of them, he heard surprising reports about the benefits they experienced. "When I returned to the classes, I met friends who had had accidents and are now do-

ing fine. So I am not the only one to experience a profound improvement, but the others I have referred also have this experience."

One of them was a fellow soccer player who was also suffering with a lot of pain and physical problems from all the body wear and tear from competing and training. "I told him to do yoga because he wouldn't be able to continue as he was for much longer with our suffering further issues." If it was a recommendation that transformed the fellow athlete's life, now Carlos shares the same advice with others. "Recommending yoga is the

"ATTENTION TO HOW WE BREATHE IS INCORPORATED WITH PRACTICE. OF COURSE, I DON'T INTELLECTUALIZE HOW I SHOULD BREATHE, IT HAPPENS NATURALLY AND SO DOES THE RECOVERY DURING A MATCH."

best recommendation I can make to a friend."



CONCLUSION

[...] AGE WITHOUT LOSSES. JUST CONSIDER YOGA AS A SELF-CARE ACTIVITY THAT PROMOTES ADAPTABILITY AND CONNECTION BETWEEN BODY AND MIND.

Consistency IS A SUPERPOWER!

In May 2022, Carlos participated in a futsal tournament in Vila Velha, in Espírito Santo, in the physical condition he had more than 20 years ago when he competed. **Even today, he is among the ten best semi-professional futsal athletes in the country, and his high performance is due to yoga. Having his body performing and available in this way was only possible because he maintained consistency in the practice.** When he realized the positive changes that the Method brought to his life and performance in sports, he became more inspired to continue with the activity.

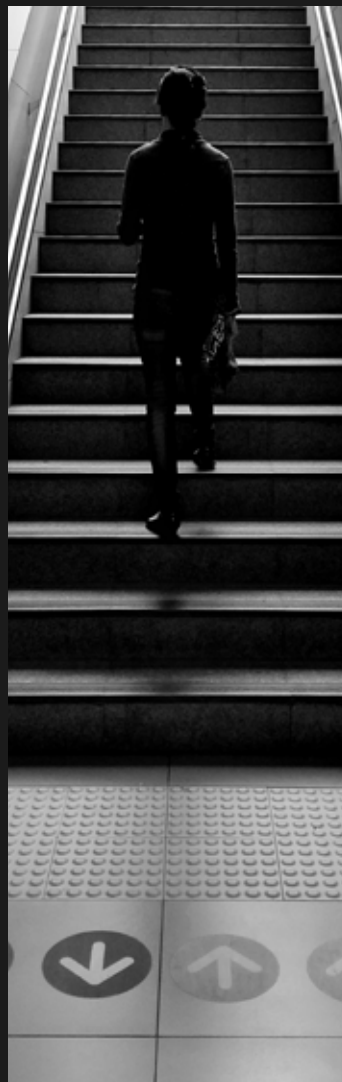
Many students have experienced such results over the decades, and these success stories are not restricted to those who have specific skills or already practice a sport. Everyone can have a more available body, increase mobility, improve physical and mental health, and can age without losses. Just consider yoga as a self-care activity that promotes adaptability and connection between body and mind.

Day after day, students are educated to see consistency as the key to positive health outcomes. In classrooms, whether in-person or online, individuals from diverse backgrounds and physical issues come together to restore their bodies through yoga. However, to achieve the biomechanical transformations offered by the Method, one must be consistent in practice.

Carlos originally came to yoga as an act of self-care to find relief from his acute pain. Although, with time and consistency, he got much more than that, tapping into unlimited potential, the source of longevity. If he maintains his performance today, it is because more than 20 years ago, he began the journey of healing through yoga.



WHAT IS YOUR
**SUPER
POWER?**



Contact US

