

“Hello. I’ll Have One ‘Naked Yoga’ Class Please.”

By *Craig K Jones*

Dated: *May 18, 2009*

With the huge surge of worldwide interest within naked yoga, guru expert Craig Jones shares why it is preferred to traditional yoga and reveals his plans to make naked yoga classes easily assessable for devotees across the globe.

Naked yoga guru Craig Jones would never be caught dead naked outside his bathroom, but now only eight years on he shares his vision into making naked yoga classes mainstream and accessible to people around the world.

“Back in 2001 I could barely look at myself naked in the mirror” Craig recalls, “but its funny how time fly’s, now I spend most of the time prancing around my house totally nude! He is even said to be in talks with renowned Naked Yoga guru Aaron Star who is the pioneer of ‘hot nude yoga’ in the states. Craig’s bonus report will be available for download on Aarons web page at the end of this month of May!

So, where did this all start? Well, I guess you could say in the early days, he was probably your average everyday British man who enjoyed a little yoga at his leisure. He even considered himself to be something more an introvert person. Now, he has a legion of naked yoga fans across the globe that subscribes to his latest reports, downloads and news from the guru himself.

So, what’s the big fuss you might add? He claims to be in plans in creating an ‘online naked yoga class finder’ so people can log on and find their nearest local naked yoga class, join and meet new buddies and hopes to bring the naked yoga community to a source for all their needs. “For me, my biggest struggle was finding these hidden naked yoga classes. I mean, finding people who are interested in such a controversial type of yoga wasn’t easy let alone finding these classes”

Apparently the element of nakedness to yoga encompasses the final piece to the jigsaw for those who truly want an enlightening experience. “ I don’t want to negate traditional yoga, but naked yoga brings much more vibrancy to the art and puts you right back in touch with yourself”. Craig explains that naked yoga helps to rid oneself of any physical insecurities and imperfections. Once the body is exposed, it helps to direct the mind to focus on what’s going on in the inside rather than the exterior of oneself. In his report he goes in to detail about the 5 key benefits of naked yoga compared to traditional yoga.

He explains the primary benefits to naked yoga which are 1: Acceptance, 2: Body Consciousness, 3: Separation from oneself, 4: Mental Freedom and 5: Flexibility. These are just some of the topics, which are examined more in depth in his report. “Hopefully, all naked yogi’s and yogini’s from around the world will stand up and endorse this movement which I predict will take naked yoga to another league”. He sounds like a man of his word, but in the meantime however, he plans to simply provide subscribers with free tips, e-letters, newsletters, videos and even audio up until his website launches to make naked yoga classes accessible worldwide!

For more information and updates visit <http://www.nakedyogaclub.com>

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