



# Benefits of Yoga Practice

(see other side for "Finding the Right Yoga Class")

Yoga has been shown to help improve, reverse or eliminate:

- Stress
- Emotional Instability
- Anxiety & Depression
- Heart Disease
- Back Pain
- Neck Pain
- Scoliosis
- Arthritis
- Diabetes
- Asthma
- Weakened Immune System
- Hormonal Imbalance including PMS, Menopause, Thyroid and Adrenals
- Insomnia
- Fatigue
- Fibromyalgia
- Hypertension
- Constipation
- Digestive Problems
- Carpal Tunnel Syndrome
- Sports Injuries

Yoga promotes physical/energetic health and longevity by:

- Relaxing, strengthening and stretching the muscles and bones
- Improving neurological and rhythmic patterning in the brain
- Balancing the muscles in relationship to one another as applied to everyday function (balance) and sports
- Maintaining the health and integrity of the joints and spine
- Bringing body problems to light and often correcting them
- Managing the energetic system of the body
- Toning and nourishing every bodily system: glandular, nervous, cardiovascular and digestive
- Cleansing and nourishing the body on every level
- Providing energy patterns that can prescriptively change the body's existing energy flow
- Preparing the body for the subtler energies to flow, as a vehicle for a higher consciousness

Yoga practice can greatly improve mental health and mental functioning by:

- Helping one to learn to live in the present moment
- Greatly assisting one to know oneself
- Thereby enhancing self esteem
- Proactively providing a calm state that promotes wise decision making
- Easing stress
- Promoting joy and ease lessening depression
- Greatly reducing anxiety and depression with regular practice
- Thereby combats compulsive behaviors or obsessive thinking
- Improving body image
- Helping one get past the idea that all worth is on the surface by revealing the deeper self
- Increasing one's ability to make choices about behavior rather than reacting
- Thereby helping to release negative patterns of thinking or behavior
- Providing a mirror in which we can see our behavior and attitudes and choose to change them
- Bringing awareness of the profound effect our thoughts have on life and health

This general information is for educational purposes only. Participation in any exercise class should be preceded by evaluation by your physician. Risk of serious and/or permanent injury without individual adjustment and monitoring.