


DID YOU KNOW...

that yoga has many proven health benefits?



For more than 5,000 years the art of Yoga has been benefiting the body and mind of those choosing this positive form of exercise. More than just a way to connect the body and the mind while meditating, there are physical health benefits as well.

- Flexibility – Yoga poses work by safely stretching your muscles releasing built up lactic acid that builds up with muscle use and causes stiffness, tension, pain and fatigue
- Strength – the vigorous Yoga styles will quickly build muscle tone and yet, even the less spirited styles will still increase strength and endurance
- Posture – better posture is a natural side-effect of increased flexibility and strength
- Breathing – because of the deep and focused breathing involved in Yoga there is usually an increase in lung capacity
- Less Stress/Increased Calm – Yoga usually requires specific meditation techniques that quiet the mind and create a calming influence
- Concentration – with specific breathing exercises and a decrease in stress Yoga allows for the mind to increase its ability to focus
- Heart Benefits – Yoga has long been known to lower blood pressure and slow the heart rate; and a slower heart rate can be beneficial for those with hypertension, heart disease and stroke
- Other Medical Conditions – Yoga has proven beneficial for those with asthma, back pain, arthritis, insomnia, multiple sclerosis, depression and other heart disorders

For more information visit www.abc-of-yoga.com/beginnersguide/yogabenefits.asp