

*THE BENEFITS OF YOGA*  
*A Mind and Body Connection*





'Yoga' means to unify, join, or concentrate

Bridges body's polarities

Right and left brain

Mind and body

Promotes mental clarity, creativity, insight

Offers health benefits

*YOGA BASICS*





Means of relaxation and stress relief  
Aids management of some chronic health conditions  
    Depression and anxiety disorders  
Reduces risk of heart disease  
    Lowers blood pressure, cholesterol, blood sugar levels

## *BENEFITS*





Enroll in six- or eight-week package

Requires patience

Find instructor who accommodates everyone in class

Not a competitive experience

*GETTING  
STARTED*

