## THE BENEFITS OF YOGA A Mind and Body Connection



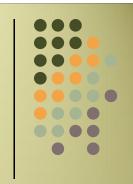




Yoga' means to unify, join, or concentrate
Bridges body's polarities
Right and left brain
Mind and body
Promotes mental clarity, creativity, insight
Offers health benefits

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





Enroll in six- or eight-week package Requires patience

Find instructor who accommodates everyone in class

Not a competitive experience

GETIING. STARTED

