

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

