BENEFITS OF YOGA

“A unique combination of isometric muscular contractions, stretching exercises, relaxation techniques, and breathing exercises” (1)

HOW CAN YOGA BENEFIT YOU AFTER ONE SESSION?

- Improves cardiovascular, respiratory, digestive, and endocrine systems
- Positive biochemical changes
- A healthy reduction in heart rate and blood pressure within older adults
- Cardiac autonomic balance achieved from focusing on body movements and breath awareness

RESULTS FROM CONTINUOUS YOGA PRACTICE:

- Relatively low-risk activity
- Improving overall health and wellbeing is highly obtainable
- Yogic relaxation results in decreased stress levels
- Shown to reduce the fear of falling
- Improves balance and flexibility