Benefits of Yoga

- Yoga is a type of exercise practice that vitalizes not only the body but also the mind. Throughout yoga, students use a series of postures, meditation, and breathing techniques to enhance the practice. Yoga is a full body workout. It works all major muscle groups and even the muscles you wouldn’t even think could be worked.

- Studies have shown that yoga poses, if done correctly and carefully, can assist people with health issues such as low-back pain and managing pain overall. Other research has shown that yoga may also help with lowering your heart rate, increasing your flexibility and reducing anxiety.” (Wendy Weber, ND, PhD, MPH)

- Yoga also improves many risk factors for cardiovascular disease. Yoga can provide similar benefits to biking or walking.

- Yoga is a great choice in terms of working out because it tones the whole body and is very safe.

As with any exercise routine, be sure to consult your doctor before starting. Some of the poses in yoga pose health risks for people with high blood pressure, glaucoma, and sciatica. Pregnant women should be cautious while practicing yoga.