

YOGA



Yoga is an ancient system which seeks to promote sensitivity to, and a healthy connection of body, mind, emotions, and spirit- ideally leading to a sense of contentment and tranquility.

Yoga includes physical postures, breathing exercises, relaxation, and meditation techniques.

Anyone can practice yoga, since there is no stress or pressure to perform. Yoga encourages accepting yourself and your body, performing as you're able, and always experiencing some degree of benefit.

Some of the benefits of Yoga are:

1. Improves body alignment for better support and function, posture, and ability to stand, sit, and walk with greater confidence- lowering the risk of falls.
2. Improves strength, flexibility, and range of motion in joints.
3. Improves circulation, detoxification, and blood pressure.
4. Pain reduction- therapeutic relief from many ailments, such as back pain, arthritis, headaches, tension, and soreness in muscles.
5. Improves breathing and overall pulmonary function.
6. Improves mental function, including concentration, coordination, reaction time, dexterity, and fine motor skills.
7. Helps to release anxiety, hostility, and depression that you may be feeling, which improves mood and leads to a more positive outlook on life.
8. Stress reduction- clinically proven methods which have a positive effect on health, since medical practitioners consider stress to be the cause of many illnesses.
9. Physical-Mental relaxation.
10. Meditation for developing a greater self-awareness and world-awareness, so we are encouraged to care for ourselves and have a better relationship with the world.

As you practice the techniques and relieve pain and tension- while promoting strength, flexibility, balance, coordination, circulation, and detoxification- you create and experience an inner environment that allows for greater calmness, tranquility, a clear, alert, more-focused mind, and a more sensitive, cooperative spirit toward yourself and others.

Seniors especially benefit since they may be less active and have poor posture. These conditions can lead to weak muscles, back pain, joint stiffness, obesity, constipation, insomnia, and depression. Also, seniors may experience problems with circulation which can contribute to reduced mobility and general health problems.

Yoga is a great choice for seniors, since it is gentle, easy, and natural.