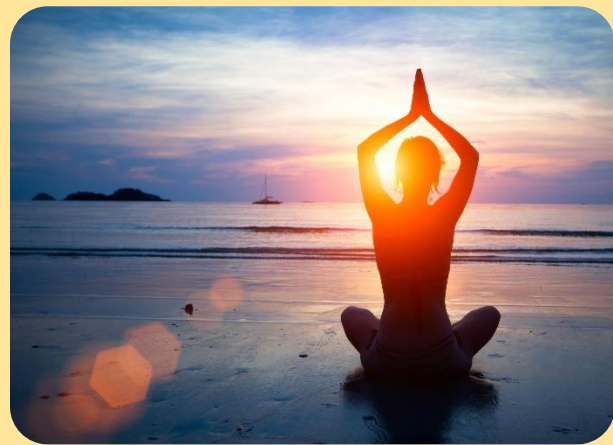# YOGA

What is yoga?

Yoga is an exercise that includes breath control, meditation, and specific body postures that are practiced for relaxation and health. There are more than 100 different types of yoga. Some are for relaxation, some are for toning the body, and some combine both.

Benefits of Yoga

- ✓ Increased strength
- ✓ Increased flexibility
- ✓ Increased muscle tone
- ✓ Improved energy
- ✓ Decreased stress
- ✓ Weight reduction
- ✓ Improved balance
- ✓ Improved attitude and positivity
- ✓ Increased blood circulation
- ✓ Improved posture
- ✓ Improved mental clarity and concentration

Who can do yoga?

Anyone can do yoga! There are modifications in yoga that can fit any person. Uses for yoga include:

1. Athletes use yoga for improved balance and coordination.
2. Some people in physical therapy can use yoga as rehab exercises.
3. Middle aged people and seniors can use yoga to maintain flexibility and strength as they age.
4. People with mental health issues like chronic stress or anxiety can use yoga practices to calm them down.
5. Yoga can help people who have trouble sleeping because it relaxes the whole body.
6. People can use yoga to lower their blood pressure.