

S E P T E M B E R 2 0 1 1

Fall into Yoga

The benefits for your physical and mental well-being

The Mind-Body Connection

What is yoga? The word “yoga” means “union” in Sanskrit. However, the union that occurs is often thought of as occurring between the mind, body, and spirit. Thus, numerous studies have shown that yoga may have several positive benefits on both mind and body. Yoga brings together physical and mental disciplines to achieve peacefulness of body and mind, helping you to relax and manage stress and anxiety. Traditional yoga philosophy requires that you adhere to this mission through behavior, diet and meditation. But if you are just looking for a way to better manage your stress level, life's daily hassles, or even a health problem that you are facing, and not necessarily an entire lifestyle change or way of life, yoga can still help. Yoga is known to help with stress reduction. It is also known for increasing fitness, helping with weight loss and helping in the management of chronic illness. So if you are looking for something different, give it a try for better health and fitness!

Interested?

Yoga Source

3122 W. Cary St #220
Richmond, VA
(804) 359-YOGA

Synergy Yoga Studio

11000 Three Chopt Rd
Henrico, VA
(804) 747-9642

Bikram Yoga Richmond

3621 Cox Rd
Henrico, VA
(804) 249-3355

It has been shown that
yoga may:

Mind

- Help relieve symptoms of depression
- May relieve symptoms of obsessive-compulsive disorder
- Reduce stress
- Help with anxiety
- May help with insomnia, sleep problems and fatigue

Body

- Increase range of motion and lubrication in the joints
- Many of the poses build upper-body strength
- Nearly all poses build core strength in the abdominal muscles
- With increased flexibility and strength comes better posture
- Lung capacity often improves due to deep breathing
- May help with weight loss
- Decrease cholesterol levels and may boost the immune system
- May relieve symptoms of
 - Asthma
 - Back pain
 - Arthritis
- Also help to slow one's heart rate, which can benefit people with

