



Benefits of Yoga

THE BENEFITS OF PRACTICING YOGA

Yoga has been practiced in India in various forms for thousands of years. Its purpose is to strengthen the body and make it more flexible, as well as to calm the mind and awaken the spirit. It does this through gentle physical poses, deep, steady breathing, and meditation practice. Yoga is thought to be beneficial for mental stress, back pain, rheumatoid arthritis, asthma, hypertension, and other disorders. People of all ages can do yoga, and yoga poses can be adapted for people with disabilities or special needs. Some of the many benefits of yoga may include:

- IMPROVED FLEXIBILITY
- IMPROVED STRENGTH & MUSCLE TONE
- IMPROVED POSTURE & BALANCE
- MORE EFFICIENT BREATHING
- LESS STRESS AND MORE CALM
- LOWERED BLOOD PRESSURE
- LOWERED RESTING HEART RATE
- LOWERED CHOLESTEROL & TRIGLYCERIDES
- IMPROVED CIRCULATION
- IMPROVED CARDIOVASCULAR ENDURANCE
- IMPROVED INTERNAL ORGAN HEALTH & AWARENESS
- IMPROVED GASTROINTESTINAL FUNCTION
- STRONGER IMMUNE SYSTEM
- LESSENERD CHRONIC PAIN
- MORE EFFICIENT METABOLISM = BALANCED WEIGHT CONTROL
- IMPROVED DETOXIFICATION = SLOWER AGING
- ENHANCED CORE STRENGTH
- IMPROVED MOOD & OUTLOOK
- IMPROVED MEMORY, ATTENTION, CONCENTRATION
- LESSENERD ANXIETY, STRESS, DEPRESSION
- DISEASE PREVENTION OF: DIABETES, HEART DISEASE, OSTEOPOROSIS, ALZHEIMER'S
- ALLEVIATION OF SYMPTOMS FROM: ASTHMA, ARTHRITIS, MS, CANCER, MUSCULAR DYSTROPHY, SCOLIOSIS, SCIATICA, OCD, CONSTIPATION, BACK PAIN, ALLERGIES, MENOPAUSE, EPILEPSY, BRONCHITIS



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