Yoga

Yoga is a regime of mental and physical training based on the traditional Indian health system, Ayurveda. Yoga is focused on life and how it should be lived, with an emphasis on healthy eating and good personal hygiene. It progresses through physical postures and breathing techniques to meditation that clears the consciousness. Yoga is valued for its ability to increase flexibility and relieve stress. Most physicians accept yoga as a health benefit, often relieving asthma, arthritis and heart conditions.

People of all ages can benefit from yoga, and it is probably best learned in a class setting. After gentle warm-up exercises, the yoga teacher demonstrates the correct way to perform asanas, postures designed to stretch and strengthen muscles, and to stimulate nerve centers and organs. The class then practices the technique. You should not be tempted to push yourself too far or be competitive. If you are practicing yoga for medical reasons, always consult a teacher trained in yoga therapy.

Main Uses:

- Stress, anxiety, fatigue, moderate depression
- Headaches, migraines
- Circulatory disorders
- Asthma, bronchitis
- Irritable bowel syndrome
- Persistent back problems
- Menstrual problems
- Improving mobility and flexibility
- General well-being

Precautions:

- Be cautious if pregnant or menstruating.
- Consult a physician if you have back or neck pain, high blood pressure, circulatory problems, heart disease or disorders of the brain, ears or eyes.