WALK WITH A DOC Healthy Living Series

YOGA

Yoga is a practice that unites the mind and the body, acknowledging their shared experience of the present moment. There are many different practices of yoga that range in intensity, duration, emphasis, and technique, so there is something out there for everyone!

Health Benefits of Yoga

- Increases your flexibility by strengthening your muscles and tissues with regular practice, which relieves pain over time.
- Aids in weight loss.
- Helps manage anxiety or depressive symptoms.
- Promotes healthy eating, physical activity, sleep and balance.
- Helps manage stress and mental/emotional health.
- Lowers cardiovascular risk factors.

Yoga at Home

- Seek a qualified instructor for guidance and supervision (Youtube is a great resource).
- Start gentle, and gradually work into more challenging positions and movements.
- Create a comfortable spot for your practice.
- Listen to your body and breath to avoid injury. Sharp pains, numbness, tingling, and rapid, shallow breathing are warning signs of overdoing it.
- Relax and enjoy your practice in the moment and practice regularly.
- Remember "yoga is a journey not a destination".

www.walkwithadoc.org