



WHAT CAN YOGA DO FOR YOU?

Are you apprehensive about attending a yoga class are you afraid you won't be able to bend into the shape of a pretzel. Not to worry for Yoga is a gentle, We are not going to be a pretzel. Yoga is about slow-moving exercise that helps to create awareness and connects you to be in tune with your body. What is important in Yoga is that you do your personal best.

Yoga can help you in so many ways& practicing yoga is a perfect way to help deal with incorrect posture, aggressive lifestyles, job stress, demanding family lives, overeating and indigestion, and stiff muscles and joints, tuning in to proper breathing.

The many benefits of yoga include increased flexibility, profound relaxation, clarity of thought, and improved muscle tone and strength, as well as improved balance, coordination, concentration, and oxygen intake.

With a Yoga practice you can learn to manage anxiety, arthritis, asthma, back pain, blood pressure, carpal tunnel syndrome, chronic fatigue, depression, diabetes, heart disease, menopausal symptoms, migraines, multiple sclerosis, parkinsons disease and osteoporosis.

Yoga is about feeling good in your bones, no matter what your age, body type, size or flexibility, if helps create a positive attitude and sense of awareness, inner peace and happiness ☺