Health Benefits of Yoga

**Stress reduction.** A number of studies have shown that yoga can help reduce stress and anxiety. It can also enhance your mood and overall sense of well-being.

**Improved fitness.** Practicing yoga can lead to improved balance, flexibility, range of motion and strength.

**Management of chronic conditions.** Yoga can help reduce risk factors for chronic diseases, such as heart disease and high blood pressure. Yoga might also help alleviate chronic conditions, such as depression, pain, anxiety and insomnia.

Popular Styles of Yoga

- **Hatha Yoga.** Slow-paced and gentle. Provides a good introduction to the basic yoga poses.
- **Ashtanga (Power Yoga).** Fast-paced, intense style of yoga.
- **Bikram (Hot Yoga).** Series of 26 poses performed in a 95-110 degree room.

Featured Pose: “Downward Facing Dog”
Add this stretch to your workout regimen today!

Yoga pose to try before bed!