

YOGA

YOGA - originated in India, has been practiced for over 5,000 years

- was introduced to the U.S. about 100 years ago
- means “union”; unification of body, mind, spirit
- is not a religion
- is not competitive
- requires practice to master the asanas (see definition below)

HATHA – describes any practice of Yoga, a general description of Yoga

VINYASA – covers a broad type of Yoga, this type matches movements with the breathe

- ex. Sun Salutations

ASHTANGA – a set series of Yoga postures, very demanding, constant movement from posture to another posture

- “FLOW” from one posture to the next posture

ASANAS - Yoga postures (see attached paper for various asanas)

- **Inverted postures** are when the heart is above the head

BENEFITS OF YOGA

1. Flexibility (main goal)
2. Improved Cardiovascular Health
3. Tone/Strengthen muscles
4. Balance
5. Healing
6. Relaxation/Concentration
7. Energize
8. Improved Digestive Health

BASIC YOGA INFO

Never force the body into position. Practice is crucial for mastery of Asanas. Exercise both sides of body equally. Inhalations usually occur on upward or expanding movements. Exhalations usually occur on downward or contracting movements. Breathe in and out in equal lengths through the nose.

WHEN TO PERFORM YOGA

Perform Yoga with an empty stomach or at least 2 to 3 hours after eating. Consistency in practicing Yoga is key – 10-15 minutes a day is better than once every 4-5 days. Pick a time when you feel most limber.

WHERE TO PERFORM YOGA

Inside (comfortable temp, plenty of space, on a mat, limit distractions like phones and TV) or outside (in shade.) Set the mood to your liking.

HOW TO PERFORM YOGA

Bare feet are preferred, socks are next best. Should wear comfortable and loose

clothing. Stay warm.

PRECAUTIONS

People with high blood pressure or glaucoma should have a chair nearby for assistance with some of the postures