

Yoga is a physical and mental practice from India that, in the West, usually involves a combination of poses, breathing techniques, and meditation.

Studies show that yoga can improve flexibility, strength, and balance, while also improving focus, reducing stress, decreasing inflammation, and reducing the risk of injury.

Yoga comes in many forms: from Power Yoga, which focuses on strength and endurance, to Jivamukti Yoga, which emphasizes meditation and healthy living. In the U.S., more than 20 million people (most of them women) regularly practice yoga.

“Yoga doesn’t require physical flexibility (the No. 1 myth about yoga and the reason more people don’t show up to practice), but it will naturally come about over time. And even more fun and amazing, once you cultivate a consistent yoga practice, emotional and spiritual flexibility will also come easier. It won’t require thought or planning or angst. You’ll just start to notice—and so will others!—that you’re becoming more flexible in these areas.” – Taylor Wells

For more information on Yoga visit <http://greatist.com/yoga>



**“Thank you for calling The Yoga Studio.
To learn more about the benefits of yoga, press 1
with your pinky toe and hold it for 20 minutes.”**

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