

Some benefits of Yoga:

In Diana Shea's book, ***Ready for Yoga***, four main benefits of practicing Yoga are discussed:

Greater mobility and flexibility - Despite what most think, flexibility is not a prerequisite of Yoga! What is desirable is balance, not too tight, and not too flexible. And if one is overly flexible, Yoga can help that person become more stable in their joints. *Scientists have shown that weekly practice can improve flexibility in as little as six weeks.

Stress Relief - There are many ways to reduce stress. Just search online and you will find many tools. However, Yoga is something that is often recommended for stress reduction for relaxing both the body and the mind.

Balance - Yoga can help you with balance no matter what your age. In each and every yoga pose, you can work on balance.

Psychological Health and Well-Being - According to research, *Yoga practice can elevate mood and improve measures of psychological health, even more than forms of aerobic exercise.

*Research found in ***Ready for Yoga***, by Diana Shea