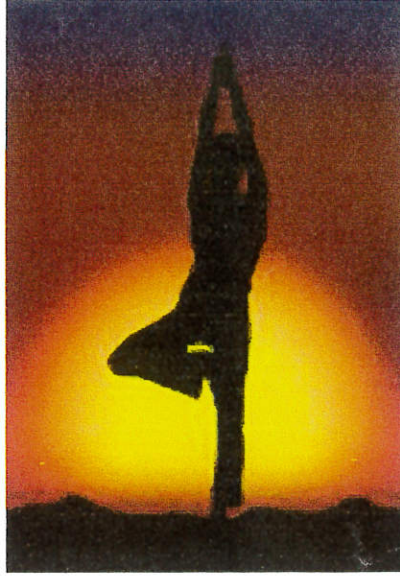


YOGA



YOGA can be practiced your life and its benefits ancient science can be an the stresses, aches and life. As your practice

that you can handle yourself better under stress, breathe to relax your body and free your mind for clearer thinking. You could become more centred, calm and balanced. Its purpose is to bring a deeper awareness to the body mind and breath through postures, breath work and relaxation.

at any age or stage in are many. This excellent tool to ease pains of modern day develops you will find

A Hatha Yoga Class will usually contain a combination of various techniques

Postures (Asana)

Breathing techniques (Pranayama)

Meditation (may use Mantra or Mudra)

Some theory or philosophy

Relaxation

Benefits of Yoga

Develops flexibility

Strengthens muscles

Improves balance & Posture

Improves immune function

Joint & spinal health

Relaxes nervous system

Relieves pain

Improves lung function efficient breathing

Relieves stress & anxiety

Unlike competitive forms of exercise, yoga gently rejuvenates the body. Yoga helps to free the mind from the negative feelings caused by the fast pace of modern life. Ultimately Yoga is an awareness of the relationship with all living things, and with the entire universe.

Rachel Quinn