

# PMR Clinic Presentation: Yoga & You

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## **Yoga:**

Rooted in Hindu, modern yoga has evolved and expanded from breathing control, simple meditation, and specific bodily postures. Today many forms of yoga have no spiritual or meditative element, and are instead used for training, recovery, and weight loss.

## **Why We Talk About Yoga:**

- It affects your confidence and mental health.
- It strengthens and heals your body.
- Yoga can be done alone or as part of a group to keep you social.
- There are a variety of positive health affects associated with doing yoga consistently.

## **Physical Benefits**

Any kind of exercise is good for your body, but yoga is also restorative and could be combined with your regular work out routine. Some of the positive effects include:

- Better posture
- Increased balance over time
- Greater flexibility throughout the body
- Weight loss over time when combined with a healthy diet
- Toning of the lean muscles you are stretching and tightening
- Less pain and inflammation as your body becomes better aligned

## **Health Benefits**

As a health clinic, we see the long term positive effects that your body has when you consistently do yoga, including:

- Lower blood pressure
- Better circulation throughout your body
- Lower cholesterol
- Decreased risk of heart disease or stroke
- Increased metabolism, particularly after your yoga sessions.

## Other Benefits

The positives of doing yoga don't end there. Consistently doing yoga will also provide you with:

- Increased confidence in yourself as your body changes
- Better, longer sleep
- Increased energy

## Types of Yoga

There are many forms of yoga. Depending on your fitness level, the amount of time you have, and your current health, you could try:

- **Hatha yoga.** Comprised of gentle movements and intended to lengthen and loosen muscles, it is ideal for beginners.
- **Anusara yoga.** A more upbeat practice with varying levels of difficulty. It is great for energetic individuals.
- **Kundalini yoga.** With a focus on addressing and freeing the energy trapped at the base of your spine, the movements in this form of yoga build core strength while participants have a chance to meditate and self-reflect.
- **Viniyoga.** Gentle moves are intended to slowly warm up the muscles while participants focus heavily on their breathing. This form of yoga is good for beginners and those recovering from injuries.
- **Power yoga.** An intense and challenging practice, power yoga is for those looking to train, lose weight, or push themselves to their limits. There is no meditation or self-reflection, just exertion.
- **Bikram/Hot yoga.** In a room heated to above 100 degrees Fahrenheit, participants perform moves with varying levels of difficulty. The heat is meant to increase the intensity and detoxify your body.
- **Restorative yoga.** Created specifically for those who are in mental or physical pain, this practice involves long held poses and meditation.
- **Iyengar yoga.** Known for including props during classes, this practice is highly concerned with proper posture and body alignment. It is good for those with chronic or acute injuries as it allows for gentle healing.
- **Vinyasa yoga.** Ranging in skill level from beginner to advanced, this form of yoga is focused on flowing, athletic movements. Many of the yoga studios you see in North America are of this discipline.
- **Prenatal yoga.** Designed specifically with pregnant (and often nursing) women in mind, prenatal yoga relieves back pain, lowers stress, and strengthens birthing muscles. It also helps with sleep and breathing during labor.

## Where to Start

With so many different ways to practice yoga, you may be feeling overwhelmed or unsure of where to start! Some options you have include:

- Look online for local yoga studios and check out which best fits your needs
- Try doing yoga at home using YouTube tutorials by certified yoga instructors
- Incorporate simple yoga poses into your daily stretching routine
- Find yoga events to attend with friends

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