

YOGA



Corporate
Fitness
Works

What is YOGA?

Meditation

Strength

Breathing

Flexibility

Balance



Introduction

Yoga is a 5,000 year old practice that combines physical, mental and spiritual discipline. The word “yoga” means union, as in a union of body, mind and spirit. Today yoga primarily refers to the practice of holding physical postures. These poses help improve strength and balance. By pulling awareness to your breath, these poses become an active meditation that provide a myriad of health benefits. There are different variations of yoga. These variations include more fast-paced, high intensity types, and other lower intensity types.

Different Variations

Hatha

- All encompassing: any yoga form that uses poses
- The yoga practice of balance. “Hatha” translates to “sun, moon”
- Widely practiced in the western world. Good choice for novice participants

Vinyasa

- Also called “flow yoga” or “vinyasa flow”
- Poses are combined with breathing in a continuous flow
- More movement than stillness in this form of yoga

Different Variations

Bikram

- Form of hot yoga
- 90 minute class with 26 postures and 2 breathing exercises
- Room must be 105° Fahrenheit with 40% humidity

Iyengar

- Uses optional props like blocks, bolsters, chairs and walls
- More static form of yoga
- Generally, less intense

Different Variations

Ashtanga

- 6 series of poses taught in order
- Very physical, flow style yoga
- Contains spiritual components

Power Yoga

- Faster flow style of yoga
- Not as strict as Ashtanga but follows a sequence of poses
- Not officially a type of yoga, great exercise nonetheless

Yoga's Benefits

Easing Anxiety

People who suffer from anxiety and depression often lack a certain calming chemical in the brain called gamma-aminobutyric acid, or GABA for short. Yoga breathing helps to increase the production of this chemical, making it a potent stress and anxiety reducer.



Weight Management

Like any exercise, practicing yoga at an intensity that pushes you will burn large quantities of calories. Holding isometric poses, like you do in most yoga variations, helps build muscle, and the more muscle you have the faster you burn calories.



Manage Heart Disease

Since stress is a significant risk factor for the development of heart disease and yoga helps to reduce stress, then yoga can help reduce your risk for heart disease. If you have heart disease yoga can help with management. Doing the right yoga can help decrease your heart rate and blood pressure.



Improve Balance

For older adults, loss of balance can make everyday life less safe. A small trip and fall can turn into disaster. Yoga uses many poses that promote balance. Holding yoga poses exercises large muscles but it also activates a lot of smaller muscles that are responsible for stabilization and balance.



The way to get started is to quit
talking and begin doing.

Walt Disney

Get Started!

Talk to your fitness center management about starting a yoga program or joining in on a yoga class. Yoga can help you a lot and in many areas of life. It can help improve the health of your body and mind. From holding power poses in the heat to deep breath meditation, there's a type of yoga for your level of practice. If you do only one kind of yoga, switch it up and try a new one. **There's always more to learn!**

