


Benefits of Yoga...It Just Takes Practice!

Yoga is an ancient and complex practice, rooted in Indian philosophy. It began as a spiritual practice but has become popular as a way of promoting physical and mental well-being. What a great way to help manage holiday stress.

Research suggests that yoga may:

- ♥ Help improve general wellness by relieving stress, supporting good health habits, and improving mental/emotional health, sleep, and balance
- ♥ Relieve low-back pain and neck pain
- ♥ Relieve menopause symptoms
- ♥ Help people manage anxiety or depressive symptoms associated with difficult life situations (but yoga has not been shown to help manage anxiety disorders, clinical depression, or posttraumatic stress disorder [PTSD])
- ♥ Help people quit smoking
- ♥ Help people who are overweight or obese lose weight
- ♥ Help people with chronic diseases manage their symptoms and improve their quality of life.



And you don't
have to be
flexible to try it.

Debby Schiffer, Targeting Wellness in the Workplace
BURLCO & TRICOFIF Wellness Director
Email: debby_schiffer@targetingwellness.com

Resource: <https://nccih.nih.gov/health/yoga/introduction.htm>

better sleep

DAREBEE YOGA WORKOUT

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20sec hero pose



20sec child's pose



20sec upward dog



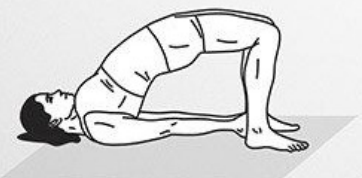
20sec camel pose



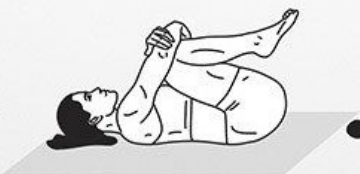
20sec butterfly fold



20sec supine twist



20sec bridge



20sec knee-to-chest



20sec corpse pose