

YOGA | TAI CHI | QIGONG

"Breath is the king of mind." - *BKS Iyengar*

YOGA



Yoga is a practice that includes breath control, simple meditation and specific bodily postures. There are many different styles of yoga and it is possible for anyone to start regardless of your size or fitness level. There are beginner to advanced classes offered with modifications for every yoga pose. It is a wonderful way to get in tune with your body and your inner self. Yoga offers many benefits including physical and mental.

Some of the Physical Benefits Include:

- Relaxation techniques can lesson chronic pain such as lower back, arthritis, headaches and carpal tunnel syndrome
- Lower blood pressure
- Reduce insomnia
- Increased flexibility
- Increased muscle strength and tone
- Improved respiration, energy and vitality
- Maintain a balanced metabolism
- Weight reduction
- Cardio and circulatory health
- Protection from injury
- Increased muscle strength to protect joints and organs

Some of the Mental Benefits Include:

- Help manage stress which can reveal itself in many ways
- Develop coping skills
- Reaching a more positive outlook in life
- Mental well-being and relax the mind
- Mental clarity, concentration and calmness
- Increase body awareness

TAI CHI | QIGONG



Tai chi is often described as "meditation in motion." There is growing evidence that this mind-body practice, which originated in China as a martial art, has value in treating or preventing many health problems. And you can get started even if you aren't in top shape or the best of health. In this low-impact, slow-motion exercise, you move, breathe deeply and naturally, while focusing your attention-as in some kinds of meditation. The movements are usually circular, the muscles are relaxed, the joints are not fully extended or bent, and connective tissues are not stretched. Tai Chi can be adapted for anyone.

Some of the Physical Benefits Include:

- Improved balance
- Improved pain management
- Improved sleep
- Improved immune system
- Improved stiffness
- Improved oxygen capacity
- Cardiovascular fitness
- Improved heart-lung capacity
- Increased muscle strength to protect joints and organs
- Improved flexibility
- Improved blood pressure

Some of the Mental Benefits Include:

- Manage stress and anxiety
- Promote serenity and inner peace
- Improved cognitive function
- Improved relaxation
- Improved concentration



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