

Yoga: A healthy addition to your life

Yoga is a health practice that works your mind and body. It focuses on movement linked to breathing and meditation. Health experts say yoga can improve your physical and mental health. It can reduce stress. Yoga can even relieve symptoms of other health problems. There are many styles of yoga. Learn more about yoga to choose the style that's right for you.



Photo of men by Thomas_EyeDesign, art by Ma_rish, courtesy iStockphoto

Quick facts on yoga:

1 Yoga can work your entire body, from head to toe. It can also work your arms, back, heart, lungs, shoulders and wrists. You should inhale in upward poses and exhale when in downward poses.



2 There are different styles of yoga. Some move very quickly through a series of moves. Some, like Bikram yoga, are taught in a room that is very hot. Others focus less on movement and more on relaxation.

3 Yoga isn't just for thin women. Yoga can be for everyone. People of all ages, sizes, weights and abilities can find a yoga practice that suits them.

4 You don't need any special equipment to do yoga. Just wear clothes you can stretch and move in. Take off your socks to improve your balance.

5 It's important to find a yoga teacher who can help you do each pose safely. A good yoga teacher will help you adapt poses for your needs. A good teacher will also help you link your breath to your movements.



>> For more information on yoga, visit www.nccih.nih.gov/health/yoga