



Yoga



Overview

This practice involves the mind and the body. It can improve your health. It also helps you feel more relaxed and focused. Some people do yoga to cope with things like chronic pain and depression.

Aspects of yoga

Yoga combines body poses, controlled breathing and meditation techniques. The poses give you strength and flexibility. The breathing and meditation help you relax and be aware of the moment.

Is it safe?

There are many styles of yoga. Some are done to improve your overall physical fitness. Others are more focused on relaxation and looking inward. You can choose a style that's best for your needs.

Conclusion

People of different ages and abilities enjoy yoga. But you need to make sure you never try to push your body past its limits. So always work with a trained instructor. And, before you begin any fitness plan, check with your doctor to make sure it's safe for you.

