

# Yoga

## Yoga

Yoga is a great exercise and wellness activity for people of all ages, abilities and fitness levels. It uses little to no equipment. You can practice yoga at home or in a yoga studio.

Yoga promotes physical and mental well-being. It exercises every part of your body using physical poses, breath control, relaxation and meditation. You hold each yoga pose while focusing on your breathing.

Poses include lying, seated and standing. They can all be tailored to your needs.

## Benefits of Yoga

Yoga can help your health in many ways, such as:

### ■ physical

- improves blood circulation
- improves digestion
- reduces low back and neck pain
- relieves joint stiffness
- stretches your muscles
- helps you lose weight
- helps your balance and posture
- helps manage long-term (chronic) diseases
- helps you quit smoking
- helps relieve menopause symptoms



**Yoga has options for people of all fitness and mobility levels.**

### ■ mental

- improves your mental health (such as anxiety or depression)
- relieves stress
- helps you sleep better.

**(over)**

## Types of Yoga

- **Hatha** yoga combines basic movements with breathing.
- **Vinyasa** yoga uses poses that flow smoothly into one another.
- **Power** yoga uses faster, higher-intensity yoga practice that builds muscle.
- **Ashtanga** yoga uses a series of poses with a special breathing technique.
- **Bikram** yoga (a type of “hot yoga”) uses a series of 26 challenging poses done in a room heated to more than 100 F.
- **Iyengar** yoga uses props (such as blocks, straps and chairs) to help you move your body into the proper alignment.
- **Restorative** yoga focuses on extended muscle stretching and passive relaxation with props (such as blocks and bolsters).
- **Alternative** yoga includes the following.
  - Adaptive yoga uses postures for people who have physical limitations, mobility issues or health concerns.
  - Water (aqua) yoga increases strength, flexibility and balance in a warm-water pool.
  - Chair yoga adapts postures for people who can’t get down on the floor.
  - Laughter yoga uses laughter exercises to lower stress and boost mood.
  - Prenatal yoga uses gentle poses for women who are pregnant.

## Where to Find Yoga Classes

- Contact your local community education, fitness centers, parks and recreation department, senior centers and private yoga studios for options.
- Go to [allinahealth.org](http://allinahealth.org) > Resources > Classes to find adaptive and water yoga classes. Type *yoga* in the search box.
- Contact Courage Kenny Rehabilitation Institute’s SHARE (Sports, Health, Activity, Recreation and Exercise) Program:
  - go to [allinahealth.org/share](http://allinahealth.org/share)
  - call 612-775-2275
  - page 612-654-5748 (put in your phone number when you hear the beep).
- Look for an exercise channel on cable TV or a streaming service.
- Check not-for-profit organizations such as:
  - Mind Body Solutions: [mindbodysolutions.org](http://mindbodysolutions.org)
  - Pathways: [pathwaysminneapolis.org](http://pathwaysminneapolis.org).