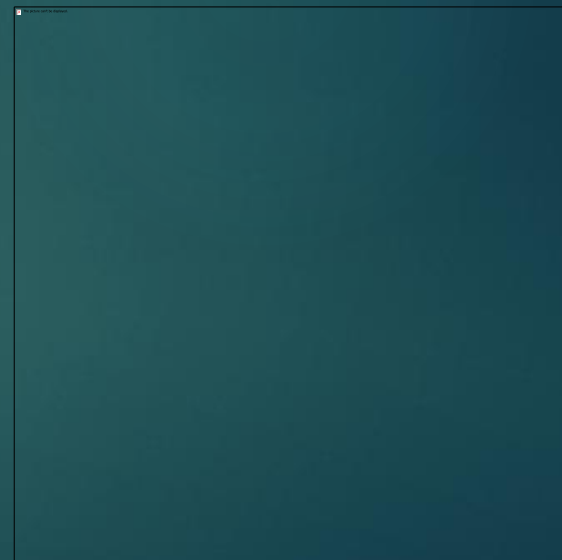


# Yoga

BE WELL DECEMBER 2025



# What is Yoga

Yoga is an ancient practice, originating in Indian culture. Yoga started as a spiritual practice but has expanded as a popular way of promoting physical and mental well-being.

# What Are Some of The Health Benefits of Practicing Yoga

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, and possibly pain from tension-type headaches and knee osteoarthritis.
- ▶ Help people who are overweight or obese lose weight.
- ▶ Help people quit smoking.
- ▶ Help people manage anxiety or depressive symptoms associated with difficult life situations.
- ▶ Relieve menopause symptoms.
- ▶ Help people with chronic diseases manage their symptoms and improve their quality of life.

# Risks in Practicing Yoga

- ▶ Yoga is generally considered a safe form of physical activity for healthy people when performed properly, under the guidance of a qualified instructor. However, as with other forms of physical activity, injuries can occur. The most common injuries are sprains and strains, and the parts of the body most commonly injured are the knee or lower leg. Serious injuries are rare.
- ▶ Older adults may need to be particularly cautious when practicing yoga. The rate of yoga-related injuries treated in emergency departments is higher in people age 65 and older than in younger adults.

Source: [National Center for Complementary and Integrative Health](#)

# Grab a mat: The many benefits of yoga

**BY THE NUMBERS** What do a cow, a warrior, and a tree have in common? They're all poses in yoga, a wellness exercise that research has shown can reduce stress and increase flexibility and muscle tone.

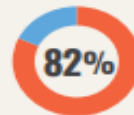
Many people practice yoga to ease feelings of anxiety, like worry or fear. Yoga's combination of physical poses, breathing exercises, and meditation may help quiet the mind as the body builds strength. Research studies suggest that yoga may also improve sleep, reduce some chronic pain, and help people lose weight.

September is National Yoga Awareness Month. So, if you've been waiting to try it, now's the time! There are different styles of yoga for any fitness level.



About **1 in 7** U.S. adults practiced yoga in the past 12 months.

**82%** of U.S. adults who practiced yoga said it improved their overall health and made them feel better.



**63%** of U.S. adults said yoga motivated them to exercise more regularly.

**59%** of U.S. adults who practiced yoga said it improved sleep.



SOURCES: National Center for Complementary and Integrative Health; Centers for Disease Control and Prevention's National Center for Health Statistics

# How to Make Yoga Practice Safer

- ▶ Practice yoga under the guidance of a qualified instructor. Practicing yoga without supervision has been associated with increased risks.
- ▶ New to Yoga?. You should start off slowly and avoid extreme practices such as headstands, shoulder stands, the lotus position, and forceful breathing.
- ▶ **Pregnant women, older adults, and people with health conditions should talk with their health care providers and the yoga instructor about their individual needs.** These conditions may need modifications in yoga: preexisting injuries, such as knee or hip injuries, lumbar spine disease, severe high blood pressure, balance issues, and glaucoma.

Source: NIH







# Yoga Practice with National Institutes of Health.

\*\*\*Note that the first 9 min. 20 seconds are an explanation about how yoga can improve health. If you want to go straight to the poses fast forward to 9min 20 seconds.





# CHAIR YOGA VIDEO

From the Cleveland Clinic

To get credit for going through this program please complete the survey found below

Gentle Yoga