

Health Benefits For Everyone

Improved Health For Any Age:

Childhood brings an overwhelming amount of learning and development both mentally physically and emotionally.

1. Yoga helps children improve flexibility, balance, strength, proprioception, mental control, concentration, emotional balance, self confidence, sense of purpose, helping them feel grounded secure and uplifted spiritually.
2. Yoga is all about the joy of meditation in movement and self improvement.
3. Children gain self confidence through learning to be assertive but also cultivate gentle attitudes toward self and others. Yoga fosters self discovery it is not a competitive sport. It discourages competition with the self or others, but rather stimulates turning inward by improving body awareness, healthy eating and healthy positive thinking, self image, mental concentration and focus leading to appreciate the wonder and divine within ourselves and others.
4. Yoga is creativity in motion
5. For athletes it fosters improved concentration agility and develops awareness of proper biomechanics and spinal alignment preventing injuries. Improved core muscle strength while simultaneously improving flexibility of all muscle groups further prevents the likelihood of overuse injuries such as tendonitis, ligament sprains and muscle strains.
6. For the childhood ADD and ADDHD the breathing and deep concentration exercises not only calms them, but gives them the tools to control themselves and actually improve the condition through specifically tailored exercises.
7. Unlike other methods of fitness, yoga will offer both mental and physical relaxation for the overscheduled over stressed student through the practice of breathing games, yoga postures, flowing movement, yoga relaxation games as well as meditation games.
8. Yoga for children offers games that stimulate all the senses sharpening the mind, body and spirit.

Adults deal with tremendous pressure and stress so much so that all the multi- tasking in this chaotic achievement oriented society results in mental distraction fatigue and inability towards completing tasks leading to indecision, worry, insomnia and final mental and physical exhaustion. The body and mind cannot relax leading to imbalance and disease either mental or physical.

1. Improves stress related diseases such as anxiety, mental distraction, high blood pressure, anger and depression
2. Improves self image reduces tendency for binge eating promotes weight loss in combination with a healthy balanced diet.
3. Improves symptoms of headaches neck pain all related to sedentary work schedule
4. For adult women improve symptoms of pms and dysmenorrhea. Onset of menopause comes with a plethora of symptoms which can all be diminished with daily practice of yoga as an adjunct to medical therapy.
5. For adult men who tend to be "weekend warrior athletes" prone to injury, yoga is an invaluable tool to be used as an adjunct to the sport of choice. Daily practice may prevent injury.

In conclusion men and women of all ages are encouraged to experience the gift of yoga that balances the body mind and spirit to provide physical and mental health, happiness and wisdom for the path to enlightenment and self healing is within us all.