

Senior Wellness

Medical benefits for individuals over 55 :

1. Yoga has shown to lower blood pressure and heart rate through the combination of specific asanas (yoga postures) and pranayama (breathing exercises).
2. Yoga reduces mental and physical tension. It releases endorphins the feel good hormone, which improves overall physical and mental well being.
3. Through postures, breathing, and relaxation via progressive muscle relaxation, mental visualization, and meditation yoga relaxes the nervous system reducing cortisol levels the hormone associated with chronic stress and subsequent weight gain. Yoga has shown to improve nervous system function as well as brain fuction. It induces mental focus and clarity directly stimulating the left prefrontal cortex of the brain.
4. Improves memory through daily practice.
5. Improves balance which decreases significantly with age.
6. Improves proprioception or spacial awareness of the body which also significantly deteriorates with advancing age.
7. Improves pain and stiffness associated with arthritis. Improves overall joint health through movement.
8. Improves bone density in women with osteoporosis
9. Conditions cardiovascular system gently through a well rounded hatha yoga practice encouraging breathing exercises to improve oxygenation and gently stimulate cardiac system through gentle postures.
10. Improves lung function by encouraging deep diaphragmatic breathing and discouraging chest breathing and mouth breathing causing decrease in oxygen perfusion to tissues.
11. Stimulates lymphatic system and improving overall immune system function
12. keeps the body flexible and agile in combination with toning muscles.
13. Specific postures assist with bowel function and may improve constipation symptoms.
14. Improves insomnia and overall mood causing in turn overall psychological improvement.
15. Fosters living in the present and cherishing the moment. Discourages negative thought processes therefore indirectly opening the path to spiritual growth and appreciation for the "self" and the surrounding environment.
16. Encourages healthier lifestyle changes, supporting weight loss in combination with proper eating habits.
17. Lowers the need for medications improves diabetes as adjunct to medicine it can lower blood sugar.

18. It can thin the blood and lower cholesterol and triglyceride levels

19. Improves posture and helps improve lower back pain.

20. Improves foot function and strengthens the intrinsic muscles supporting the feet may actually help conditions such as plantar fasciitis.