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**Will the practice of yoga interfere with my other physical and sports activities?**

Yoga will not interfere with any sports or physical activities. Yoga generally improves your performance in any recreational or sports activity. Yoga postures are excellent before and after various athletics. The asanas help the athlete to prevent muscle soreness and injuries.



**ST. JOHN  
HOSPITAL  
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CENTER**



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**Yoga**

**We welcome the chance to help  
you live a healthier life**

## What is Yoga?

Yoga is an ancient system that offers guidelines for moral and ethical discipline, physical health, breathing, mental focus, concentration and meditation. Hatha Yoga deals with the physical body through the study of asanas postures. It is the most widely known form of yoga, and consists of poses that develop flexibility, strength and alignment. In addition, through the practice of breathing and relaxation techniques, mental and emotional, well-being is developed. Steady practice can soothe the busy mind.

## Is yoga a religion?

Yoga is not a religion. It is a science. The practice of yoga does not conflict in any way with any religion.

## What will yoga do for me?

Yoga calms the nerves, increases vitality, improves circulation, slims and firms the body, improves regularity and stimulates vital organs and glands. The state of mind one can attain through yoga is characterized by a higher awakening of one's dormant mental faculties.

## What is Hatha Yoga?

Hatha is the science of yoga that deals with the physical body. It is the form of yoga that is most popularly known.

It consists of postures which stretch and strengthen the body, and of breathing and relaxation techniques.

## What will yoga postures do for me?

The stretching postures, known as asanas, will help your body to be flexible, firm and youthful.



## Is yoga really non-strenuous?

Yes, physical yoga is done in a slow, relaxed manner. Rather than expend energy with vigorous movements, yoga builds up a great reserve of vitality.

## What will yoga breathing do for me?

Yoga breathing techniques will relax your entire nervous system, improve sleep, relieve deep tension and make you resistant to common respiratory ailments.

## Will yoga help me manage stress?

Yoga will help reduce stress and tension of your daily life. Yoga breathing, relaxation, and even the slow meditative way in which asanas are done all contribute to the elimination of stress.

## Who practices yoga?

Hundreds of thousands of Americans, as well as millions of people world-wide. People from tots to seniors practice yoga as an integral part of their lives. There is no age limit to the practice of yoga. Many physically limited and handicapped people have greatly benefited from the practice of yoga.

**For more information please call  
313-647-3320**

