



RAMGARHIA GURDWARA SOCIETY
(Hitchin)



Yoga Classes



“You're never too young or too old to reap the health benefits of yoga”

Every Saturday

8am to 9am

Yoga, the Sanskrit word for "union", is a practice that uses posture and breathing techniques to induce relaxation and improve strength, and its health benefits may surpass those of any other activity.

Yoga and its Benefits

Benefits of Yoga to Your Bones, Muscles, and Joints

- The **physical benefits of yoga** are myriad. Yoga keeps your body strong, as it involves all the muscles in your body to hold and balance yoga asanas (poses). The various yoga postures strengthen your feet, legs, hands, abdominals, lower back, legs, and shoulders.
- Yoga's stretching and breathing exercises improve your flexibility, helping joints, tendons, and muscles stay limber. People suffering from osteoarthritis or rheumatoid arthritis will see a noticeable improvement in their stiffness, pain, and other arthritic symptoms by practicing yoga poses and postures.
- Yoga improves your endurance, especially the more athletic forms of yoga such as ashtanga yoga, power yoga, vinyasa yoga, and Bikram yoga. These rigorous yoga practices follow a specific sequence of poses (asanas) that become more challenging as you progress. Unlike the more gentle hatha yoga, the forms of ashtanga yoga, power yoga, vinyasa yoga, and Bikram yoga require you to keep your body in constant motion between poses, resulting in a strenuous cardiovascular workout and improved core strength.
- Hatha yoga can relieve chronic back and neck pain, since the poses and postures gently stretch and strengthen your back and neck muscles.
- Yoga is often prescribed to help heal various injuries, including repetitive strain injuries, knee and back injuries, pulled hamstrings, even minor skin burns. Of course, you should consult your physician before using yoga as a treatment for any injury!
- Yoga is an excellent weight-bearing exercise that can improve your bone density. This is particularly beneficial for women approaching menopause, since yoga can help ward off osteoporosis, or thinning of the bone.

Benefits of Yoga to the Cardiovascular System

Yoga has tremendous health benefits for your heart. Most notably:

- The gentler forms of yoga lower your blood pressure because the asanas (yoga poses, postures, and yoga positions) keep blood flowing evenly throughout your body while you focus on your breathing.
- People suffering from hypertension can benefit from yoga tremendously, as hatha yoga can lower your heart rate and blood pressure.
- Power yoga is an excellent form of cardio conditioning, which strengthens core muscles while it keeps blood and oxygen circulating throughout your body.

Benefits of Yoga on Mental Health

- Yoga benefits anyone's mental health by helping him or her relax, and it is an effective form of psychological therapy. Yoga reduces anxiety and stress, resulting in better health, better mood, and better concentration throughout the day. Yoga has been used to help treat a wide variety of emotional and mental disorders, including acute anxiety, depression, and mood swings.

Benefits of Yoga in Everyday Life

- Yoga can help cure insomnia, as regular yoga practice leads to better and deeper sleep.
- Yoga can help fight fatigue and maintain your energy throughout the day.
- Yoga is an effective treatment for a variety of autoimmune diseases because it can reduce the symptoms these diseases often cause, such as stiffness, malaise, fatigue, and weakness.