

What Do All These People Have In Common?



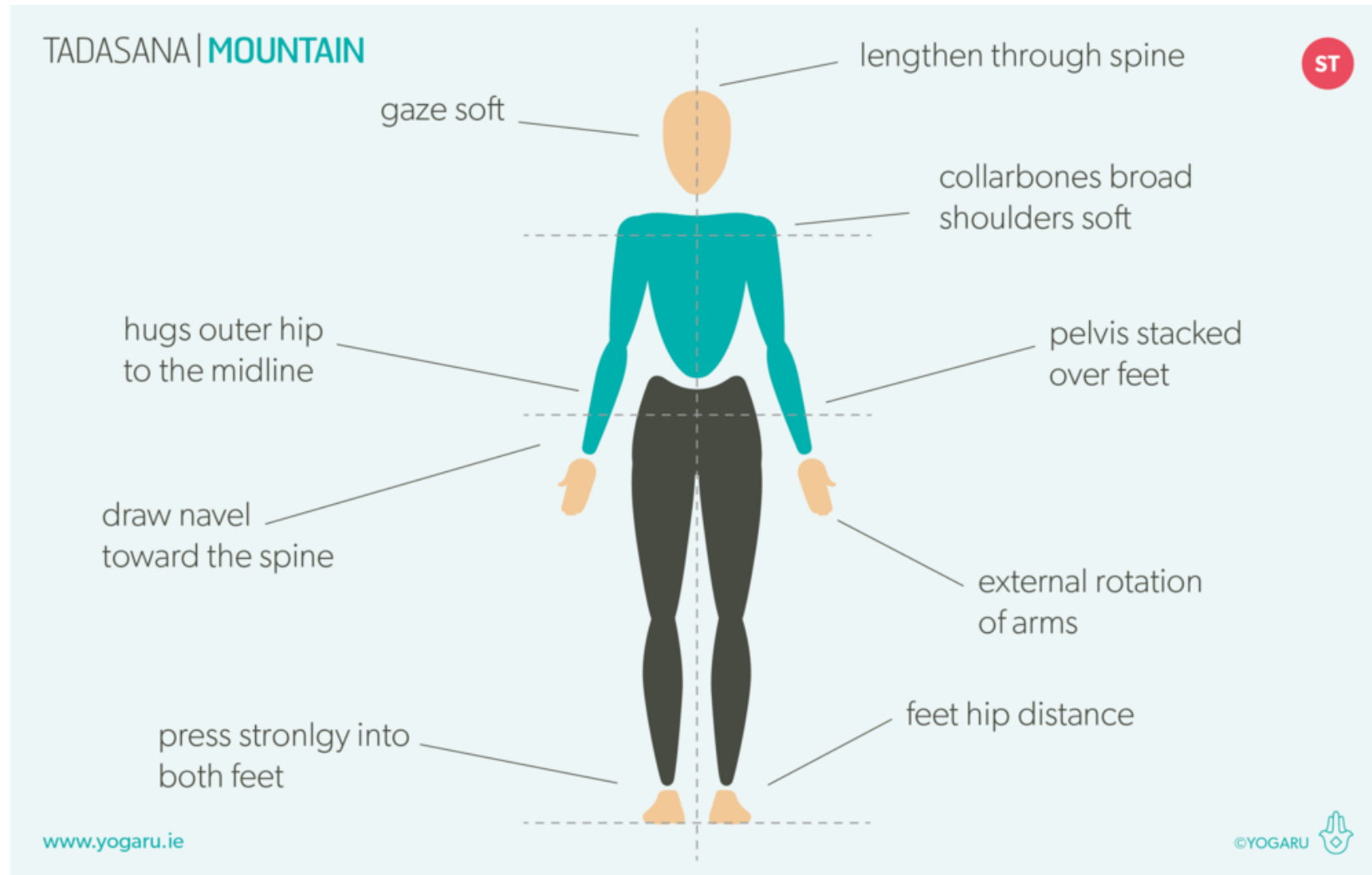


Integrate yoga in your life and feel peacefully charged

KELLY C WESSELN

RYT500, YOGA ALLIANCE

TADASANA / STANDING POSE



Fact Or Myth about Yoga?

inhale &
stand

exhale & sit

- Need to be flexible
- Relieves stress
- Is a religion
- Poses and stretching
- Improves flexibility, balance, posture, concentration, muscle strength, And reduces headaches, arthritis, inflammation
- For women
- Is a science (anatomy, physiology and psychology)
- May improve cardiovascular functioning
- Over 5,000 years old
- Automatically makes you happy
- Can increase heart rate and cause you to sweat
- All teachers are equal
- Develops community
- Improves mental health

BREATHING

Nasal breathing and breathing slower is healthier:

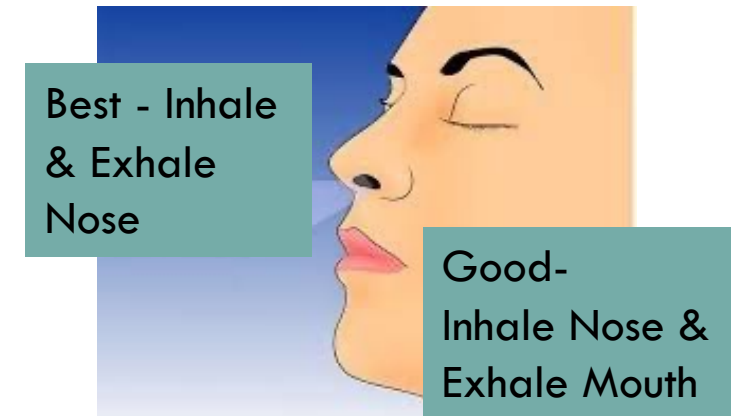
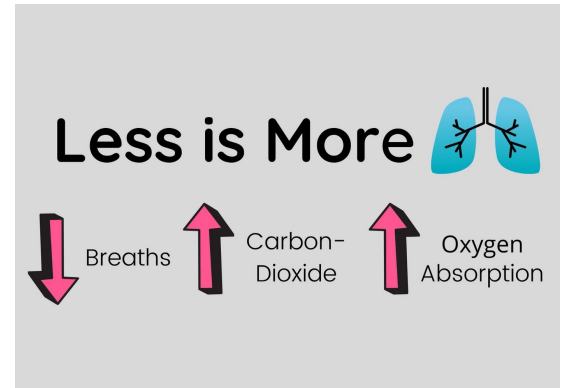
- Can lower blood pressure and reduces anxiety
- Keeps us in parasympathetic nervous (rest & digest) system
- Fights disease & promotes longevity
- 6x's more oxygen (than mouth breathing)

Problems mouth breathing can cause:

- Snoring and sleep apnea
- Aerophagia (air into small intestine causing abdominal bloating)
- Crooked teeth, bad breath, gum disease, facial development...

How do you know if you are a mouth breather?

- Snoring or Sleep with mouth open
- Simple self tests: tape or water



WHAT TO EXPECT?

Must Have
YOGA GEAR
for Home Workouts



ABC's

Alignment

Breath & Balance

Coordination

