



## September is National Yoga Month

Yoga Month is a **national awareness campaign** to educate about the health benefits of yoga and to inspire both youth and adults to take responsibility for their wellbeing by focusing on **prevention and healthy lifestyle choices**.

This year, millions across the country will participate in **free events and activities**, designed to build awareness of the mind and body benefits of yoga practice.

Yoga is one of the oldest known sciences in the world and is widely acknowledged as a highly effective **complementary alternative medicine**.

### *This is what you can do?*

- Practice yoga on a regular basis in September
- Invite 5 friends to practice yoga (**One Week Free Yoga** available at participating yoga studios).

In 2008, the Department of Health and Human Services designated September as National Yoga Month. The Yoga Month campaign is administered by the Yoga Health Foundation, a 501 (c) 3 non-profit organization. All funds benefit the national awareness campaign and yoga health education for at-risk children in schools.



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## The Health Benefits of Yoga

- 1. STRESS RELIEF:** Yoga reduces the physical effects of stress on the body. By encouraging relaxation, yoga helps to lower the levels of stress hormones. Related benefits include lowering blood pressure and heart rate, improving digestion and boosting the immune system as well as easing symptoms of conditions such as anxiety, depression, fatigue, asthma and insomnia.
- 2. PAIN RELIEF:** Yoga can reduced pain for people with conditions such as cancer, multiple sclerosis, auto-immune diseases and hypertension as well as arthritis, back and neck pain, and other chronic conditions.
- 3. BETTER BREATHING:** Yoga teaches people to take slower, deeper breaths. This helps to improve lung function, trigger the body's relaxation response and increase the amount of oxygen available to the body.
- 4. FLEXIBILITY:** Yoga helps to improve flexibility and mobility, increasing range of movement and reducing aches and pains.
- 5. INCREASED STRENGTH:** Yoga asanas (postures) use every muscle in the body, helping to increase strength literally from head to toe.
- 6. WEIGHT MANAGEMENT:** Yoga (even less vigorous styles) can aid weight control efforts and also encourages healthy eating habits and provides a heightened sense of well being and self esteem.
- 7. INNER PEACE:** The meditative aspects of yoga help to reach a deeper, more spiritual and satisfying place in their lives. For many who begin to practice for other reasons this has become an essential part of their daily lives.

More health and science info at [www.yogamonth.org](http://www.yogamonth.org). Text courtesy of Yoga Alliance.

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