



THE HEALTH BENEFITS OF YOGA

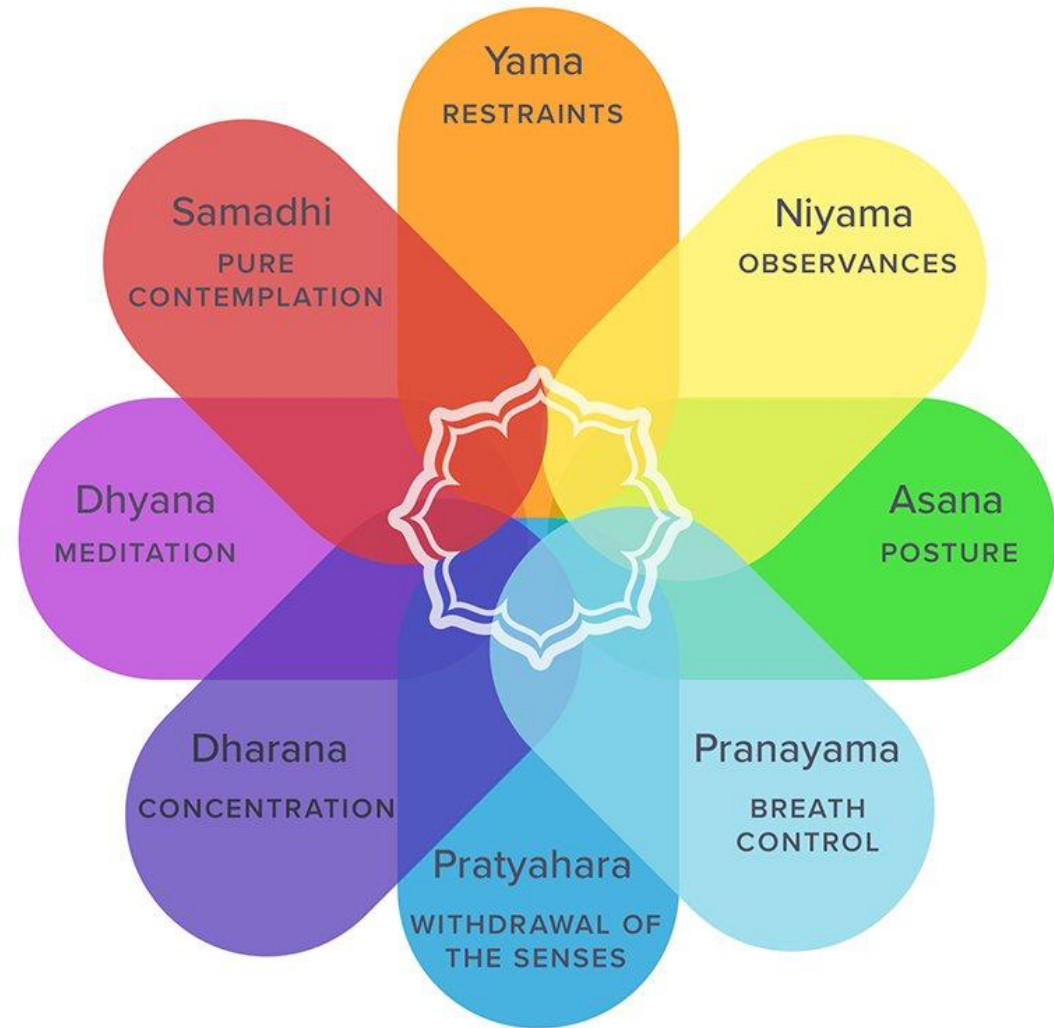
DR CARMEL
SULLIVAN

WHAT ARE THE ORIGINS OF YOGA?

- Unclear!
- Probably from 3000BC India
- Incorporates spirituality, physical movement, philosophy
- Associations with Hinduism and Buddhism
- Has evolved over centuries
- Core ideal is to control the mind, 'to concentrate'



8 LIMBS OF YOGA 'ASHTANGA'



WHAT ARE THE DIFFERENT TYPES OF YOGA?





Hatha

Series of asanas (poses), slower pace, each pose held for a few breaths

Vinyasa

Fast paced and dynamic, 'salute to the sun'

Ashtanga

6 series of sequenced poses



Bikram

Hot!, same 90 min sequence

Kundalini

Repetitive poses, with intensive breath work, chanting and singing

Yin

Poses held for 3-5 mins, restoring length and elasticity, calms and balances

Focus on spirituality, inner peace and relaxation



WHAT ARE THE HEALTH BENEFITS OF YOGA?





Decrease stress

Decrease anxiety

Increase serotonin levels and possibly decrease symptoms of depression

Increase mindfulness and improve concentration

Improve flexibility, balance, strength and posture

Promote better sleep

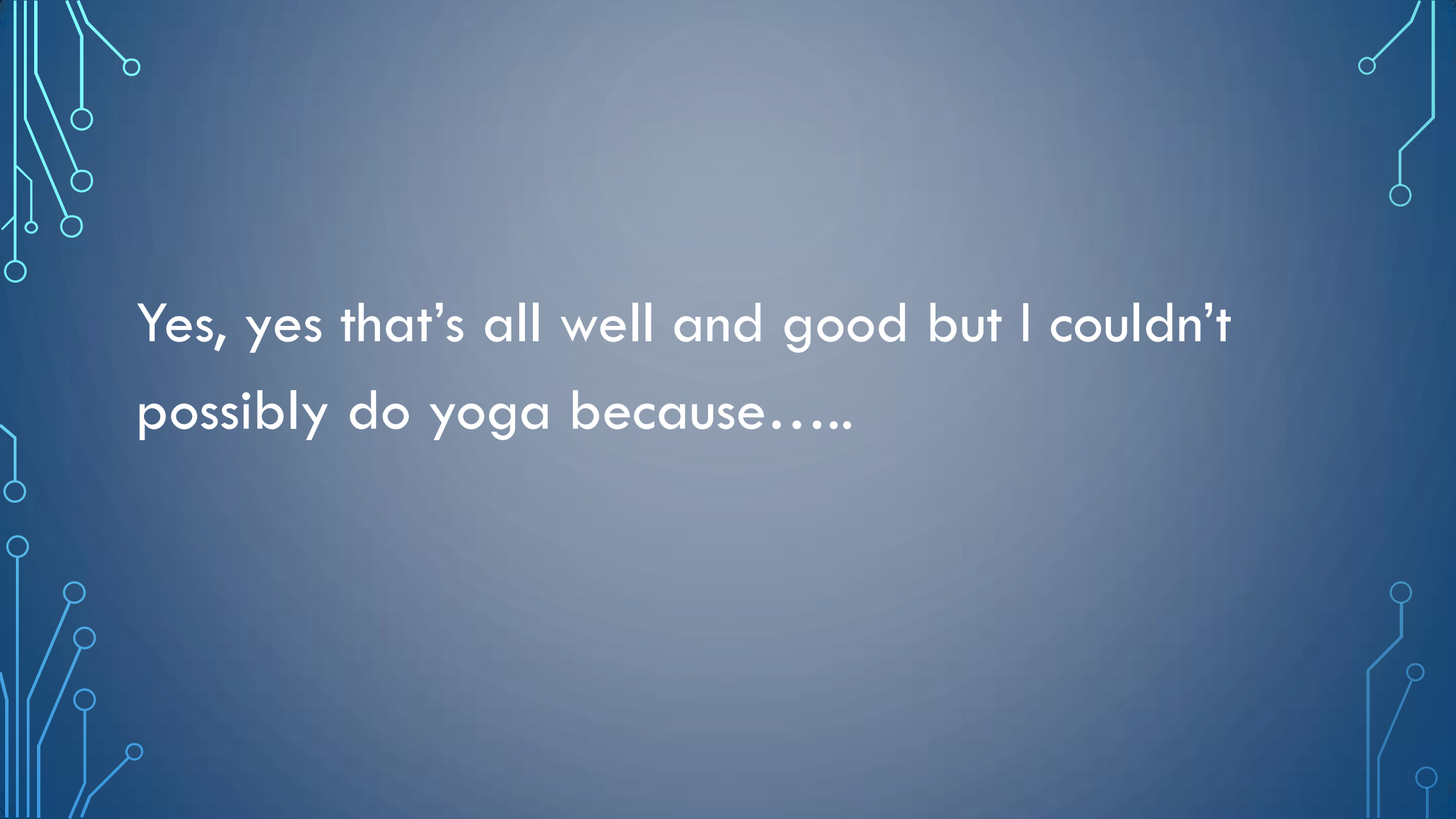
Improve quality of life



In a 2018 study of 1087 MPN patients, the use of integrative medicine therapies (including aerobic activity, massage, yoga, strength training, meditation, mindfulness) led to,

**A reduction in
symptom burden,
fatigue, depression**

**An increase in
quality of life**

The image features a dark blue background with a subtle grid pattern. In the corners, there are decorative elements resembling circuit board traces or neural network connections, consisting of thin white lines and small circles.

Yes, yes that's all well and good but I couldn't
possibly do yoga because.....

The background is a solid blue gradient. In the corners, there are white line-art illustrations of circuit boards or neural networks, with lines and small circles representing nodes and connections.

I'm too....

Old/Unfit/Inflexible/Overweight



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The image features a blue gradient background with white circuit-like lines in the corners. These lines consist of straight segments and small circles, resembling a stylized electronic circuit or data flow diagram. They are positioned in the top-left, top-right, bottom-left, and bottom-right corners, framing the central text.


I don't have the time and it's too expensive...

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Yoga With Adriene ✓
Published on Mar 19, 2014

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4.5M

This sequence is beginner friendly and with a focus on FOUNDATION and FLEXIBILITY. Hop on the mat and start to build the foundation of your own yoga practice with this 40-minute Yoga For

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WHERE TO FROM HERE?



- Try a yoga class
- Try a different style or a different teacher until you find your fit
- Go with a friend
- Try an internet based program
- Try to incorporate it into your daily/weekly routine



Make the time to
be kind to
yourself

Enjoy

The background is a blue gradient with abstract white lines resembling circuit traces or data paths in the corners. These lines form various geometric shapes and end in small circles.

Thank you