Yoga provides a number of well-documented physical, mental, and emotional benefits, including reduced blood pressure, enhanced feelings of relaxation, stress reduction, improved digestion, better posture, increased strength and flexibility, and improved balance.

Yoga practice involves breath work (pranayama) to connect the mind and body, as well as to connect our thoughts and feelings with movement. You can choose from a wide variety of yoga classes offering different types of yoga and different teachers and styles. Make sure to select an appropriate class and instructor for your skill level.

Types or styles of yoga vary in pace and emphasis from slower-paced practices which include breathing and meditation to faster, flowing movement sequences combined with rhythmic breathing.

**Keys to a Safe Yoga Session**

- **Warm-up;** of low to moderate intensity movements designed to increase your heart rate, respiration and blood flow to the muscles, while also preparing the body for more intense activity.

- **Work phase;** more intense activity, which varies depending on the yoga style and may include a greater number of repetitions, holding poses for a longer time period, or using more explosive movements.

- The class should end with a cool down, which may include lower-intensity exercises, stretching, twisting poses, and a final relaxation.

- Listen to your body; if performing a posture causes you pain or doesn’t feel right, practice a modification or another pose.