

Yoga

Healthy benefits beyond the mat

Better Body Image

Focusing inward during yoga helps you be more satisfied with your body and less critical of it.

Heart Benefits

Yoga can help lower blood pressure, cholesterol and blood sugar all of which have benefits for your heart and blood vessels

Overall Fitness

Practicing a couple of times a week increases muscle strength and flexibility and boosts endurance

Mindful Eating

Being more aware of how your body feels carries over to mealtimes as you savor each bite or sip and notice how food smells, tastes and feels in your mouth

Weight Control

Mindfulness developed through yoga can make you more sensitive to cues of hunger and fullness which help you develop a more positive relationship with food.

