



## **Adaptable Healing**

With a set of tools and techniques that can help people with a variety of ailments and medical conditions (as well as those who are 'well'), yoga brings a sense of physical and mental well-being, and is an adaptable healing modality. No matter what level of health and fitness, body shape or type, those with acute and chronic physical and mental conditions through to top athletes can and do practise yoga, as do people of all ages, from kids through to the elderly.

Anyone can practice, feel better and heal with yoga!

Utilising yoga tools and techniques is now very much accepted as a mainstream complementary preventive and healing therapy, recommended by doctors, physiotherapists, osteopaths, and other health professionals for a wide variety of reasons, to work alongside conventional western medicine. Some of the how's.....

- **Physically** – Yoga postures exercise all parts of the body gently and effectively, moving joints through their full range of motion, releasing and preventing stiffness, bringing relief from muscle tension, and improving circulation. Muscles, which support the skeleton, are strengthened, lengthened and toned, and opposing groups balanced, bringing physical misalignments that could eventually turn into discomfort, pain or illness, back into alignment. Bone health and resilience is improved too. The body becomes stronger, more supple and has increased stamina. Musculoskeletal disorders which cause pain in joints, bones, muscles and surrounding tissues, eg bank pain, RSI, arthritis, carpal tunnel, are relieved. Yoga assists with healing from injuries too, eg broken bones, sprains, rehabilitating muscles, strengthening bones and promoting good alignment.
- **Breath** – Yoga's focus on the breath, teaching and reinforcing 'good/correct' breathing patterns, helps the practitioner to feel calm, focused and energised. Breathing well eases symptoms of respiratory illness, eg asthma and shortness of breath, and increases lung capacity; it improves cardio vascular health, increasing efficiency of oxygen/carbon dioxide exchange, lowers blood pressure and reduces the risk of heart attack.
- **Stress Relief** – Too much 'stress' is something that we often experience in our lives in our fast-paced world, and this has an effect on our physical and mental wellbeing. Many common modern-day ailments are certainly not helped by stress and anxiety, and many have these factors as their root cause. Working with the body and the breath, yoga brings relief from stress and anxiety, which, in turn, markedly reduces the incidence and effects of many common physical and mental ailments. Feelings of tension and anxiety are much reduced during and after practising yoga.
- **Athletic Performance** – Many top athletes (runners, footballers, rugby/tennis/basketball players, cyclists, etc), as well as fitness hobbyists and weekend warriors, are now using yoga to complement their training regimes, finding it helps them to stay fit. Preventing and healing injuries, increasing mental focus, boosting stamina, endurance and resilience, and giving them a performance edge.
- **Mindfulness/Meditation** – These techniques are integral to yoga practice and influence both our physiological (body's functioning) and psychological (mental and emotional state) selves. Perception of and responses to the world around are subtly altered and help to increase



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calmness, soothe anxiety and overwhelm, improve focus and concentration, reduce stress and tension, and boost quality of life generally.

With it's holistic approach to health, fitness and wellness yoga can alleviate or prevent structural, physiological and psychological discomfort and dis-ease, and is an effective prescription of body-mind medicine for all.....



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