***Manage your Stress with Yoga*****

***Free yoga class at the Shelter this Friday at 3PM***

Yoga Elevates Stress:

<http://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/yoga/art-20044733>

“Yoga — a mind-body practice — is considered one of many types of complementary and integrative health approaches. Yoga brings together physical and mental disciplines that may help you achieve peacefulness of body and mind. This can help you relax and manage stress and anxiety (Mayoclinic.org).”

### The health benefits of yoga

* **Stress reduction.** A number of studies have shown that yoga may help reduce stress and anxiety. It can also enhance your mood and overall sense of well-being.
* **Improved fitness.** Practicing yoga may lead to improved balance, flexibility, range of motion and strength.
* **Management of chronic conditions.** Yoga can help reduce risk factors for chronic diseases, such as heart disease and high blood pressure. Yoga might also help alleviate chronic conditions, such as depression, pain, anxiety and insomnia.

- (Mayoclinic.org)

**For 10 Yoga Poses to relieve Stress and Anxiety Visit:**

http://yogatime.tv/blog/10-yoga-poses-to-relieve-anxiety/