



Don Paul <donpaulwrites@gmail.com>

Health Benefits of Practicing Yoga

CCS Medical <myccsmed@ccsmed.com>

Tue, Oct 16, 2018 at 10:58 AM

Reply-To: myccsmed@ccsmed.com

To: donpaulwrites@gmail.com



Hi Don,

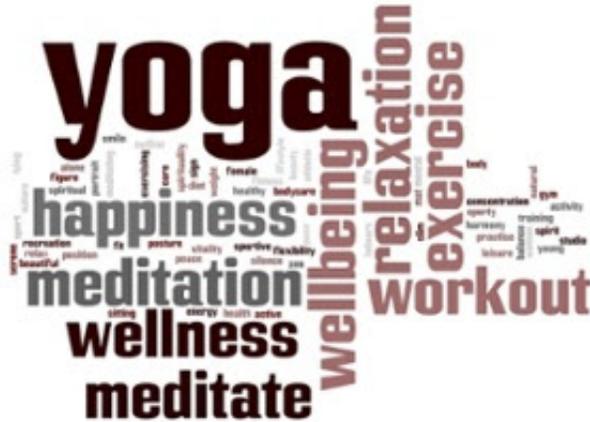
Yoga is a spiritual discipline that combines breathing control with meditation by way of adopting specific postures, but for those of us on the journey to improved outcomes it is an exercise routine that can provide amazing physical and mental health benefits.

As for the physical benefits, yoga can **lower blood pressure** and **reduce insomnia**, as well as **decrease lower back pain** and other chronic conditions.

Other physical improvements include:

- Increased flexibility, muscle strength and tone
- Improved respiration and energy
- Maintaining a balanced metabolism

- Greater protection from injury
- Improved cardiovascular and circulatory health
- Better weight management^[i]
- Perfects posture and protects the spine
- Prevents cartilage and joint breakdown, and improves overall bone health^[ii]



Yoga provides peace of mind by slowing down the mental loops of frustration, regret, anger, fear and desire, which ultimately cause stress.

For this same reason, **a regular yoga practice routine can improve mental health** by relieving depression, expand focus and memory, and sharpen problem-solving skills.^[iii]

The combination of physical and mental benefits will significantly **boost your confidence**. The improvements to your posture alone will go a long way to enhancing overall self-esteem.^[iv]

While yoga can be very challenging, as a beginner, you can start by working on a few simple poses that will make a positive impact on your posture.

Tips for starting a yoga practice.

1. Commit to a minimum daily practice.

Even if it is just 10-15 minutes, performing a few simple poses will increase flexibility and strength, giving you the confidence to continuously improve your routine.

2. Stick with the same poses every day.

Consistent practice will clear your mind of which pose you have to do next so you can focus on your breathing and meditation.

3. Make a special place in your home to practice.

Pick the best place where you can feel comfortable and at peace -- and turn off your smartphone and computer. More than a workout, yoga can and should be your daily "mental spa."^[v]



Once you have an established routine and want to enhance your practice, there are a lot of affordable resources in your community including classes, teachers, and groups to help you add more to your yoga at a pace that is comfortable for you.

Health Benefits of Exercise

CCS Medical Clinical Team

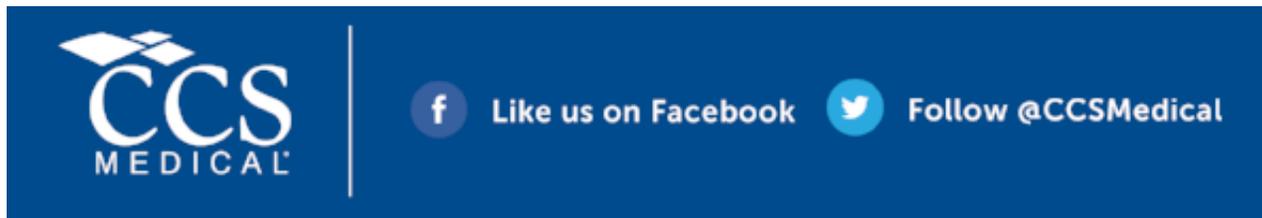
[i] <https://osteopathic.org/what-is-osteopathic-medicine/benefits-of-yoga/>

[ii] <https://www.yogajournal.com/lifestyle/count-yoga-38-ways-yoga-keeps-fit>

[iii] <https://www.yogajournal.com/lifestyle/count-yoga-38-ways-yoga-keeps-fit>

[iv] <https://www.yogajournal.com/practice/16-poses-to-instantly-boost-your-confidence>

[V] <https://www.mindbodygreen.com/0-5649/8-Tips-for-a-Successful-Home-Yoga-Practice.html>



CCS Medical 1505 LBJ Freeway, Suite 550 Farmers Branch Texas 75234 United States

You received this email because you are subscribed to Marketing Information from CCS Medical.

Update your [email preferences](#) to choose the types of emails you receive.

[Unsubscribe from all future emails](#)