

## Yoga at Columbine Lifestyle Centre

Yoga is a 5,000 year old mind body practice originating from India. Yoga comes from the Sanskrit word *yuj*, which means "yoke or union" describing the connection (the union) between the mind and the body. Yoga classes incorporate physical postures, breathing techniques and meditation or relaxation to balance the mind, body, and spirit.

Yoga has even become prevalent in the medical community. Elite physicians, including Dr. Dean Ornish, have begun recommending yoga to their patients for the amazing health benefits. According to the National Institute of Health, studies have shown yoga to:

- Improve mood
- Counteract stress
- Reduce heart rate and blood pressure
- Increase lung capacity
- Improve muscle relaxation
- Help with conditions such as anxiety, depression, and insomnia
- Improve overall physical fitness, strength, and flexibility
- Positively affect levels of certain brain or blood chemicals

In 2008, researchers in India published a study in the journal *Diabetes Research and Clinical Practice* that found that after 3 months of practicing yoga, participants lost more weight and lowered their blood pressure, triglycerides and blood sugar levels more than those who received standard care, such as medication, for their symptoms.

So, whether you'd like to reduce stress, improve flexibility, tone up, find relaxation and inner peace or simply check out this "yoga thing", Columbine's Lifestyle Centre offers several different yoga classes each week.

Article June 2011 by Jen Strating, Columbine Lifestyle Centre Yoga Instructor

Jen Strating is a RYT (Registered Yoga Teacher) and certified Biofeedback Therapist. Her passion is helping others create a life of health and peace through yoga and biofeedback. Jen's classes focus on posture alignment and using the breath to create relaxation. When not practicing yoga, Jen may be found gardening, mountain biking or spending time in nature with her husband. She can be reached at [www.jenstrating.com](http://www.jenstrating.com).