

Wisdom Art: Mind, Body, Spirit

What are the experts saying?

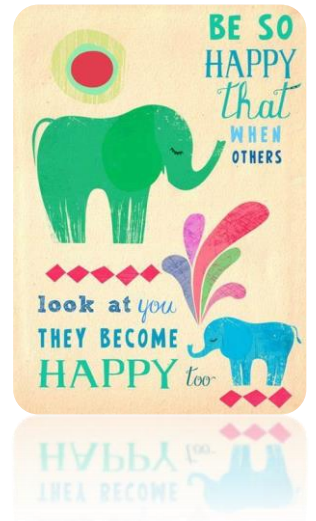
Boston researchers have found that yoga may be superior to other forms of exercise in its positive effect on mood and anxiety. The findings, online at the “Journal of Alternative and Complementary Medicine,” are the first to show a link between yoga postures, increased “GABA” levels and decreased anxiety.

doctorshealthpress.com

Remember, we feel emotions as physical sensations in the body. There are two specific ways yoga affects emotions. First, the practice creates physical changes that affect emotions. If you do an energizing practice when you’re feeling down or sad, you’ll probably feel better. If you’re stressed or anxious, a gentle flow and breathing exercises can calm your racing heart and relax tense muscles.

Yoga can also improve your mood by changing your brain chemistry. Studies show that chemicals called neurotransmitters, which regulate mood, are boosted with a regular yoga practice. Yoga can also boost levels of other brain chemicals that affect feelings of well-being, including endorphins, theta waves, and beta waves.

Over time, a regular meditation practice can improve energy, boost your mood, and give you a feeling of inner strength. Combined with the physical practice of yoga, meditation can help you feel more confident and calm. Positive emotions will replace negative emotions. trackyoga.app



5 Reasons Why Yoga Will Make You Feel Better

1. It lets you release control.
2. It allows you to concentrate on one goal.
3. It can give you individualized attention.
4. It helps you work up a sweat.
5. It helps you focus on your breath.