



# Wisdom Art:

*Mind, Body, Spirit*

## Yoga for Stress Relief

Yoga, which derives its name from the word, “yoke”—to bring together—does just that, bringing

together the mind, body, and spirit.

### **Effects on the Body: Some of Yoga’s Benefits:**

- *Reduced stress and anxiety*
- *Sound sleep*
- *Reduced cortisol levels*
- *Improvement of many medical conditions*
- *Allergy and asthma symptom relief*
- *Lower blood pressure*
- *Lower heart rate*
- *Sense of well-being*
- *Reduced muscle tension*
- *Increased strength and flexibility*

*Yoga’s benefits are so numerous, it gives a high payoff for the amount of effort involved.* [verywellmind.com](http://verywellmind.com)

## What are the experts saying?

An estimated 80 to 90 percent of visits to the doctor are stress-related but only less than 3% of doctors talk to their patients about how to reduce stress. Yoga, meditation, and other mind-body practices train your body and mind to be able to cope with stress better and improve overall health and well-being.

In a national survey, over 85% of people who did yoga reported that it helped them relieve stress. Exercise is a very useful way to relieve stress, but yoga is different from spinning class or weight-lifting in that it powerfully combines both physical fitness with an underlying philosophy of self-compassion and awareness. [psychologytoday.com](http://psychologytoday.com)

