

# The Wellness Report—Spring 2014 Report



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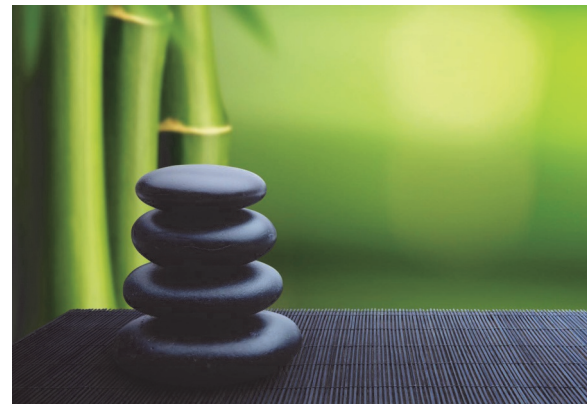
## Yoga for Wellness by Jennifer Nim

You have probably heard all the positive benefits of Yoga and its increasing popularity. These days, it is very rare to avoid hearing about Yoga whether you're at work, on the bus or through media. You may also have read Yoga can play an important role in reducing stress that results from pain and disability, and increasing one's well-being.

My story of Yoga takes me back 4 years ago when I tried my first class of Bikram's Yoga. There was a promotion to try unlimited classes for two weeks so a friend and I signed up. I was excited about my first class but also a little skeptical that it would provide any benefits whatsoever. They heated the room up to 40 degrees celsius and we started the 26 poses. I was uncomfortable to say the least but went with the crowd following the person beside me. Let me just say I have never sweated so much in my entire life. After my two weeks was up, I quit Yoga because I couldn't see the immediate benefits of it and I wasn't enjoying the program.

Flash forward to a month ago when my co-worker mentioned that she does Yoga and how much she loves it. My good friend also told me about a Yoga studio with a promotion similar to Bikram's but with different styles of Yoga, she said we should sign up. I thought to myself, I guess I could try again but no expectations. So I started with Hot Yoga and Power Yoga and now I have discovered a

new appreciation for my body. I feel more energized, less stressed and rejuvenated after each class. I realize that I am at a time in my life where my health & wellness is priceless, and I was looking for something that I could easily continue and incorporate into my lifestyle. I hated the hard core workouts such as running on the treadmill at the gym or even the home workout videos like the P90X which I could never keep up with. Most importantly, Yoga has taught me how to breathe and to gently work my muscles without feeling that I have overly exerted myself. To this day I continue to practice Yoga 3-4 times a week.



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Whether it's your first time considering Yoga or your 2<sup>nd</sup> or 3<sup>rd</sup> time around, it's never too late to learn or to try again. Going into Yoga with high expectations of "What Yoga can do for me?" may leave you feeling unsatisfied, unfulfilled or just disappointed that another fitness endeavor has failed. Instead, begin with the mindset that you are learning how to do Yoga for the sake of practicing a discipline that will naturally bring important benefits over time. Find your own style and you may find you're becoming as passionate about Yoga as I am.

Here is a list of some health benefits of practicing Yoga that may follow you:

- Lower blood pressure
- Decreased stress
- Greater flexibility (not just physically!)
- Enhanced brain function
- Lower cholesterol
- Better skeletal alignment
- Strengthened bones/joints
- Improved respiration
- Weight Management
- Enhanced circulation
- Easier transition through menopause
- Deeper peace of mind



**Websites to visit:**

<http://www.yogajournal.com>

<http://www.abc-of-yoga.com>

<http://www.yyoga.ca>

<http://www.bikramyogarichmond.ca>



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