



## Why Yoga?

Yoga is the preferred recommended therapy for hundreds of diseases, limitations, traumas, and illnesses.\*

## Why YogaFaith?

YogaFaith is the same as Yoga in the facts that we will do the same postures, movements, and breath techniques. The difference is the spiritual aspects. Instead of focusing on god's with a little 'g', we will learn to "silence the chaos and distractions of our everyday lives and come back to hearing God's still small voice."\*

## Mental Benefits

**Calmness** – All yoga techniques: postures, breathing techniques, meditation, and times of stillness will bring calmness to your daily life. The more one practices these techniques the more centered, balanced, peaceful and calm one will be.\*

**Stress Reduction** – Physical Activity in general is great for relieving stress. Yoga encourages us to focus on the moment and be present as we practice, which will assist in not focusing on worries, anxieties, or stress. God promises abundant life, not a stressed out, barely-getting-by life.\*

**Body Awareness** – Yoga may help you realize how your body works and functions. The yoga lifestyle eventually becomes more apparent and will lead to a better self-awareness and self-confidence in all areas of life. You will want to fuel your temple with only the best ingredients and to honor Christ in a temple that shows others just how good He is.\*

## Physical Benefits

**Flexibility** – Yoga increases the range of motion in muscles and joints. The more you practice, the more flexible you will be.\*

**Strength** – Many yoga postures require you to support your own body weight, which can produce great strength. Moving in and out of postures will also build stamina, strength, and endurance.\*

**Muscle Tone** – Yoga helps shape long, lean muscles. As you become stronger you will see an increase in muscle tone.

**Pain Management** – Increased flexibility and strength help prevent aches and pains. Yoga greatly improves alignment and strengthens bones, which will prevent pain.\*

**Breathing** – Our natural breath is usually shallow, and used only a fraction of our lung capacity. Pranayama, or breathing techniques will train you to use more of your lung capacity, which benefits the entire body. Certain types of breath can also calm the central nervous system, which has both physical and mental benefits over time.\*

## Spiritual Benefits

For in Him we live and move and have our being (Acts 17:28). God has given us life on earth to praise him, to tell about his love, and to dance before him. He gives us our breath each and every day. He restores our strength when we are weary. When we give Him all of us, He gives us more of Him. When we meditate on His word, He speaks to us. When we praise His name He blesses us. He tells us to honor our temples, our bodies, the shell that He gave us to be filled with His love and His mercies. Let us take care of this beautiful gift He has given us and worship Him all at the same time.

\*Statements derived from Michelle Thielen's (Founder of YogaFaith) book, *Stretching Your Faith*.