

HUMBLE WARRIOR WELLNESS CENTER



YOGA



- **Stress relief:** The practice of yoga is well-demonstrated to reduce the physical effects of stress on the body. The body responds to stress through a fight-or-flight response, which is a combination of the sympathetic nervous system and hormonal pathways activating, releasing cortisol – the stress hormone – from the adrenal glands. Cortisol is often used to measure the stress response. Yoga practice has been demonstrated to reduce the levels of cortisol
- **Pain relief:** Yoga can ease pain. Studies have shown that practicing yoga asanas (postures), meditation or a combination of the two, reduced pain for people with conditions such as cancer, multiple sclerosis, auto-immune diseases and hypertension as well as arthritis, back and neck pain and other chronic conditions.
- **Better breathing:** Yoga includes breathing practices known as pranayama, which can be effective for reducing our stress response, improving lung function and encouraging relaxation. By changing our pattern of breathing, we can significantly affect our body's experience of and response to stress. This may be one of the most profound lessons we can learn from our yoga practice.
- **Flexibility:** Yoga can improve flexibility and mobility and increase range of motion. Over time, the ligaments, tendons and muscles lengthen, increasing elasticity.
- **Presence:** Yoga connects us with the present moment. The more we practice, the more aware we become of our surroundings and the world around us. It opens the way to improved concentration, coordination, reaction time and memory.
- **Inner peace:** The meditative effects of a consistent yoga practice help many cultivate inner peace and calm.

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YOGA CLASS DESCRIPTIONS

Yoga Nidra/iRest: A meditation practice where you enter a state of sleep but with awareness. This is typically introduced by a guided meditation and is practiced by lying down to help your body enter this sleep state.

Vinyassa Power Flow: A powerful, energetic, form of yoga where students fluidly move from one posture to the next while connecting their breathing to their movements. This type of yoga is taught in a heated studio which makes it a vigorous and revitalizing form of physical fitness.

Yoga Sculpt: A high-intensity, dynamic yoga practice that incorporates resistance interval training and cardiovascular exercise into traditional yoga sequences.

Deep Stretch: Stretch your tight muscles while improving your flexibility. Using props and postures to lengthen muscles and relieve stiffness. This class is taught in a warm room to loosen muscles and to prevent discomfort and injury.

Yin Yoga: A slow-paced style of yoga where you hold poses for longer periods of time. The aim is to increase circulation in the joints and improve flexibility. It also helps us to regulate the body's flow of energy.