



Casa Blanca Hot Spring Retreat
+ Dechen Ling Temple
Tonopah, Arizona - 50 miles west of Phoenix

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PO Box 10, Tonopah AZ 85354 623-203-2230
CasaBlancaHotSpring@mindspring.com

YOGA

The Healthful Benefits of Yoga

Elena Bullard

There is a lot of talk about Yoga today, and probably a lot of confusion. Yoga is not a religion, instead, it is aimed to unite the mind, the body, and spirit. Because of this, it becomes a perfect complement to whatever religious path you may be on.

Yoga helps you become more aware of your body's posture, alignment and patterns of movement. It makes the body more flexible and helps you relax even in the midst of a stressful environment. Because of these benefits, those who practice Yoga, may find that injuries may be avoided or can heal faster. This is one of the foremost reasons why people want to start Practicing Yoga - to feel fit, be more energetic, be happier and more peaceful.

Yoga is a sequence of poses, or Asanas, in combination with breath, designed to create flexibility, coordination and balance in the body, mind and spirit. Yoga has been practiced for thousands of years. It involves ancient theories, observations and principles about the mind and body connection, which are now being proven by modern medicine. Substantial research has been conducted to look at the health benefits of Yoga - from the Yoga postures (Asanas), Yoga breathing (Pranayama) and meditation.

Yoga is extremely effective in:

Decreasing Stress - You can't avoid stress, but you can try to counteract its negative effects. Yoga helps you deepen your breath, reducing stress hormones, slowing down your heart rate and blood pressure and relaxing your muscles.

Increasing Flexibility - yoga has poses that act upon the various joints of the body including those joints that we don't really pay much attention to.

Increasing lubrication of the joints, ligaments and tendons - likewise, the well-researched yoga poses exercise the different tendons and ligaments of the body. Surprisingly it has been found that the body, which may have been quite rigid starts experiencing a remarkable flexibility in even those parts which have not been consciously worked upon.

Massaging of all Organs of the Body - It is like getting a massage from the inside out. This stimulation and massage of the organs, in turn benefits us by keeping away disease and providing a forewarning at the first possible instance of a likely onset of disease or disorder.

It helps to improve your balance - The majority of yoga practices include some type of balancing in the poses. A significant number of people, especially as we age, start to have problems with balance, which can lead to major injuries due to falls. By having a greater sense of balance, you are able to move more easily and safely



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