

# 10 COMMANDMENTS 4 HEALTH



## WEEK 2

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**Prevent ailments and heal  
your body through Yoga**

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**Burn calories and tone  
your muscles**

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**Perform a total mind-body  
workout that combines  
strengthening and  
stretching poses with deep  
breathing and meditation  
or relaxation.**

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## The Wonders of Yoga

### TRANSFORM YOUR MIND & BODY

Workout exercise fads come and go, but no other exercise program is as enduring as yoga. It's been around for more than 5,000 years, and rightfully so.

Yoga is a total mind-body workout that combines strengthening and stretching poses with deep breathing and meditation or relaxation. It is good for just about every system and organ in your body. Interestingly, it can be miraculous in terms of reversing and preventing crippling diseases.

Which one of the following benefits of yoga will motivate you to try it?

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## THE WIDE RANGE BENEFITS OF YOGA

1. Posture - Re-learning optimal alignment in the body can relieve many pain syndromes, improve mood and relieve pressure on internal organs & body function. The asanas within a structured yoga practice work together to help you stand taller and more confident.

2. Weight management - Not only is the physical exercise itself a benefit to weight loss by burning calories, but the psychological benefits of the practice of yoga can reduce stress & lower cortisol levels. These are two major factors in weight retention. The “mindfulness” that yoga promotes teaches us to control our mind, rather than having the mind control us. This mindfulness helps us to deal with food cravings or emotional eating habit. Such self-awareness also makes us more conscious of our bodies: about what we put in it, how it feels after eating bad foods, and what the body needs nutritionally.

3. Breath - Yoga teaches the individual to breathe more fully. Most people tend to breathe paradoxically or poorly. The deeper breathing techniques in yoga promote relaxation, core engagement, increase lung capacity, trigger the body’s relaxation responses & can help lower blood pressure. The deeper breathing techniques used in yoga also promote good posture. It is difficult to breathe fully when slumped over. However, when the shoulder blades are pulled back and the spine erect, there is lightness in the abdominal area, and we can breathe more deeply.

*EXTRA TIP: Learning to breathe correctly can banish problems such as insomnia & depression.*

4. Flexibility - As a muscle group tightens, this can pull the body out of alignment, creating weakness in opposing muscles, leaving us prone to injury & pain issues. Opening out the body allows the blood to flow freely, aiding the body’s self-repairing mechanisms, encouraging blood flow to the body’s vital organs, and moving oxygenated blood to the body’s cells more efficiently.

5. Muscular & strength training - Because yoga helps the blood & oxygen flow into the muscles, it flushes out the excess lactic acid which causes muscle soreness & stiffness. Holding poses increases the muscular endurance. Many of the movements & poses in yoga offer total body conditioning and encourage the body to work effectively in different angles

“ *He lives most life who breathes most air. - Elizabeth Browning (1806 - 1861)*



6. Stress Relief - Yoga can reduce both the psychological & physiological effects of stress. By encouraging relaxation, yoga reduces raised cortisol (stress hormone) levels, lowers blood pressure & heart rate. It can also bolster the immune system which is negatively affected by stress, aid digestion, better sleep, reduce anxiety, depression, alleviate fatigue and insomnia, promote a sense of general wellbeing & inner peace.

7. Cardiovascular conditioning - The sun salutes are the warm-up at the beginning of a yoga practice, they alone can be a cardiovascular workout. Further benefits of yoga are its ability to lower blood pressure & resting heart rate, increased endurance & improved uptake of oxygen during any form of exercise.

“ *There is no exercise better for the heart than reaching down and lifting people up - John Andrew Holmes* ”

## WANT TO READ MORE?

The "10 Commandments 4 Health" is available here:

<https://ke122.infusionsoft.com/app/storeFront/showProductDetail?productId=27>

## Mind-Body Practice

These are just some of the key benefits of Yoga that worked for me. Yoga provides many positive effects on the mind, body, and overall health. It is a total workout that promotes general health throughout the whole of the body. So if you've never tried it and you think that yoga is not for you, maybe it's time to rethink that idea.

Being fit is great but gaining that foundation of health is even more essential for your long-term wellbeing. It is yoga that allows me to continue to put extreme physical demands on myself. I feel the difference even if I go two days without yoga. My body screams out to me seeming to say that there's some form of tension that needs releasing. With yoga, I have more energy and more bounce with a strong immune system. I have no doubt that yoga is a massive contributor to that because I can relate back to my gymnastic days where I was strong and fit but was always ill, whereas now you'll never see me ill. I can't emphasise enough the many benefits that yoga will add to your life.

Give yoga a try and allow it to change your life.

Live N.O.W.

Skip

