

TIPS FOR HEALTHY LIVING

BENEFITS OF YOGA

Physiological Benefits of Yoga

- Stable autonomic nervous system equilibrium
- Pulse rate decreases
- [Respiratory](#) rate decreases
- [Blood Pressure](#) decreases (of special significance for hyporeactors)
- Galvanic Skin Response (GSR) increases
- EEG - alpha waves increase (theta, delta, and beta waves also increase during various stages of meditation)
- EMG activity decreases
- Cardiovascular efficiency increases
- Respiratory efficiency increases
- Gastrointestinal function normalizes
- [Endocrine](#) function normalizes
- Excretory functions improve
- [Musculoskeletal](#) flexibility and joint range of motion increase
- Breath-holding time increases
- Joint range of motion increase
- Grip strength increases
- Eye-hand coordination improves
- Dexterity skills improve
- Reaction time improves
- Posture improves
- Strength and resiliency increase
- Endurance increases
- Energy level increases
- [Weight](#) normalizes
- Sleep improves
- Immunity increases
- Pain decreases
- Steadiness improves
- Depth perception improves
- Balance improves
- Integrated functioning of body parts improves

Psychological Benefits of Yoga

- Somatic and kinesthetic awareness increase
- Mood improves and subjective well-being increases
- Self-acceptance and self-actualization increase
- Social adjustment increases
- [Anxiety and Depression](#) decrease
- Hostility decreases
- Concentration improves
- Memory improves

- Attention improves
- Learning efficiency improves
- Mood improves
- Self-actualization increase
- Social skills increases
- Well-being increases
- Somatic and kinesthetic awareness increase
- Self-acceptance increase
- Attention improves
- Concentration improves
- Memory improves
- Learning efficiency improves
- Symbol coding improves
- Depth perception improves
- Flicker fusion frequency improves

Biochemical Benefits of Yoga

- TGlucose decreases
- Sodium decreases
- Total cholesterol decreases
- triglycerides decrease
- HDL cholesterol increases
- LDL cholesterol decreases
- VLDL cholesterol decreases
- Cholinesterase increases
- Catecholamines decrease
- ATPase increases
- Hematocrit increases
- Hemoglobin increases
- Lymphocyte count increases
- Total white blood cell count decreases
- Thyroxin increases
- Vitamin C increases
- Total serum protein increases

Yoga Benefits

- Parasympathetic [Nervous System](#) dominates
- Subcortical regions of brain dominate
- Slow dynamic and static movements
- Normalization of muscle tone
- Low risk of injuring muscles and ligaments
- Low caloric consumption
- Effort is minimized, relaxed
- Energizing (breathing is natural or controlled)
- Balanced activity of opposing muscle groups
- Noncompetitive, process-oriented
- Awareness is internal (focus is on breath and the infinite)
- Limitless possibilities for growth in self-awareness

Exercise Benefits

- Sympathetic Nervous System dominates
- Cortical regions of brain dominate
- Rapid forceful movements
- Increased muscle tension
- Higher risk of injury
- Moderate to high caloric consumption
- Effort is maximized
- Fatiguing (breathing is taxed)
- Imbalance activity of opposing groups
- Competitive, goal-oriented
- Awareness is external (focus is on reaching the toes, reaching the finish line, etc.)
- Boredom factor

| www.cyberastro.com and www.movingintostillness.com.