



Evidence of yoga as an effective means of alleviating pain and stress.



Arthritis, Carpal Tunnel, Headaches, and Low Back Pain

"The relaxation techniques incorporated in yoga can lessen chronic pain, such as lower back pain, arthritis, headaches, and carpal tunnel syndrome," explains Dr. Nevins.

- American Osteopathic Association

Improved Brain Function, Energy, and Mood

Yoga improves brain function, energy levels, and mood, more effectively than quietly reading, according to new research from Canada.

- Mindfulness, University of Waterloo, Ontario



Yoga Practice More Effective Than Self-Care Book

"Yoga and stretching were more effective than a self-care book for improving function and reducing symptoms due to chronic low-back pain."

- National Library of Medicine

Yoga Saves on Healthcare Costs

Yoga reduced their medical visits on average by 43% and resulted in an annual health care savings of \$2,360 per patient, based on reduced emergency room visits alone.

-Benson Henry Institute



Yoga for Carpal Tunnel Syndrome

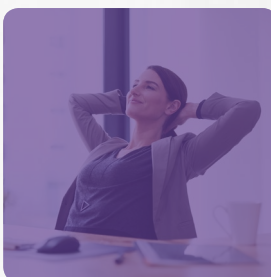
Subjects in the yoga groups had significant improvement in grip strength and pain reduction. Changes in grip strength and pain were not significant for control subjects.

- National Library of Medicine

Yoga Improves Anxiety and Depression

Indeed, the scientific study of yoga demonstrates that mental and physical health are not just closely allied, but are essentially equivalent. The evidence is growing that yoga practice is a low-risk, high-yield approach to improving overall health.

- Harvard Medical School



Aetna's Yoga and its Effects on Employees

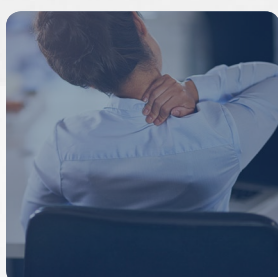
They received a 28% reduction in stress, a 20% improvement in sleep quality, and a 19% reduction in pain. They gained productivity, an estimated savings of \$3,000 / employee / year.

- New York Times

Yoga and Chronic Neck Pain

"Significant decreases in chronic neck pain intensity and functional disability for the yoga group were found in all of the trials."

- National Library of Medicine



Yoga for Menopause, Diabetes, and More

"Yoga appears to be equal or superior to exercise in relieving certain symptoms associated with diabetes, multiple sclerosis, menopause, kidney disease, and schizophrenia."

- The Journal of Alternative and Complementary Medicine

Improves Ability to Focus, Retain, and Use Information

Yoga significantly improved participants' speed and accuracy on tests of working memory and inhibitory control, two measures of brain function associated with the ability to maintain focus and take in, retain and use new information. Participants performed significantly better immediately after the yoga practice than after moderate to vigorous aerobic exercise for the same amount of time.

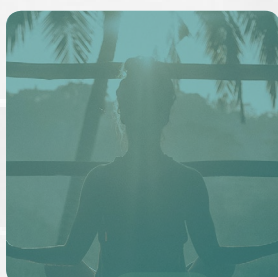
- Journal of Physical Activity and Health



Yoga for Bad Knees

Yoga reduced pain, morning stiffness, anxiety, blood pressure and pulse rate for those with osteoarthritic knees.

- International Journal of Yoga



Yoga as Physical Therapy

Dr. Fishman, a lifelong devotee of yoga who studied it for three years in India before going to medical school, uses various yoga positions to help prevent, treat, and he says, halt and often reverse conditions like shoulder injuries, osteoporosis, osteoarthritis and scoliosis.

- New York Times



A better way to work.

www.getyodesk.com