

Cincinnati Yoga Day, Saturday, October 7, 2017, from 10:30 am to 11:30 am.

Welcome to the Third Annual Cincinnati Yoga Day. The Cincinnati Yoga Day was initiated by the Cincinnati-India Sister City Association (ISCA) in 2015. This year, the Cincinnati Yoga day is hosted by India Sister City Association in partnership with the Public Library of Cincinnati and Hamilton County. *Our goal is to bring yoga to where you live and play.*

There is myth that yoga is only for people who are physically fit and can contort their body in pretzel-like perfection. *The truth is yoga is for everybody and every body.*

These yoga lessons are specifically tailored for the beginners

In the 60-minute, three-part lesson you will learn deep breathing to increase energy, gentle movements to improve muscular flexibility, and resting/relaxing techniques to reduce stress.

You may do yoga either from the mat or from a chair. Using a chair to practice yoga is especially suitable for those who have knee or back problems. A key principle of yoga is to work within yourself.

Benefits of yoga*

“The purpose of yoga is to create strength, awareness and harmony in both the mind and body,” explains Natalie Nevins, an osteopathic family physician and certified Kundalini Yoga instructor.*

- Physical Benefits
 - “The relaxation techniques incorporated in yoga can lessen chronic pain, such as lower back pain, arthritis, headaches and carpal tunnel syndrome,” explains Dr. Nevins. “Yoga can also lower blood pressure and reduce insomnia.”
- Mental Benefits
 - Aside from the physical benefits, one of the best benefits of yoga is how it helps a person manage stress, which is known to have devastating effects on the body and mind. “Stress can reveal itself in many ways, including back and neck pain, sleeping problems, headaches, drug abuse, and an inability to concentrate,” says Dr. Nevins. “Yoga can be effective in developing coping skills and reaching a more positive outlook in life.”

*The information presented is excerpted from the article Benefits of Yoga published at <http://www.osteopathic.org/osteopathic-health/about-your-health/health-conditions-library/general-health/Pages/yoga.aspx>