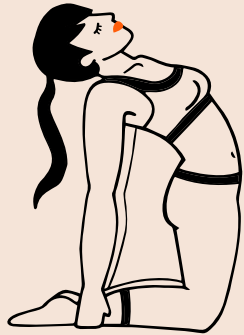


YOGA

The Old, the New, & the Evidence



Kathleen Law
FN624: Integrative Nutrition
& Health Therapies
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A BRIEF HISTORY OF YOGA



Pre-Classical

Yoga mentioned in the Vedas, around 1,500 BCE. Sanskrit word, to yoke.



Classical

The Yoga Sutras of Patanjali describe a spiritual practice.



Post-Classical

Yoga is used as a mental and physical practice. Hatha yoga made popular.



Modern

Yoga is a global practice, for mind, body, and soul.





THE OLD



Early texts, including The Vedas, The Bhagavad Gita, and The Yoga Sutras of Patanjali, set the spiritual path for yoga. Yama, the king of death, describes a yoga that includes a hierarchy of mind-body elements & links each individual to Brahman, the universal being, in the Katha Upanishad.





“Truth is One, Paths are Many”

— Yoga **Principle**





THE NEW



Yoga has transformed throughout history to become what we might picture today - a person in a yoga posture (asana), focusing on their breath (pranayama), sometimes meditating (dhyana), and ending with final relaxation (savasana). Yoga has become a global wellness activity.



Modern Yoga for the **MIND AND BODY**



MIND

86% of yoga users
experienced reduced
stress

67% felt better
emotionally



BODY

Yoga has been shown to
improve balance,
flexibility, mobility, and
muscle strength & endurance



Yoga & HEALTH



HEART HEALTH

Yoga may result in positive outcomes for heart disease risk factors, including lipid levels, obesity, and insulin resistance.

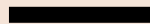


IMMUNE

Yoga may increase innate immunity and inhibit the cytokine storm.

CANCERS

Yoga may inhibit tumorigenesis and progression, as well as regress tumor growth.



MENTAL HEALTH

Yoga can improve sleep, reduce fatigue, and increase mindfulness, resilience, and quality of life.



BIAS & HETEROGENEITY



However, a systematic review of 306 yoga-RCTs concluded there was no difference in positive or negative outcomes despite there being 52 different styles of yoga studied!



My Personal Experience with YOGA



Yoga has been all things to me; mentally, physically, and spiritually rewarding and uplifting. Yoga came into my life when I was trying to find my true self and helped to bring spirituality to me, while allowing me to become physically and mentally healthier. I have practiced yoga for several years, and plan to always do so.



Yoga with my favorite **PARTNER**

Anderson & I during a 30-day
yoga pose challenge a few of
years ago.

Tree pose (vrksasana)



FIND YOUR BALANCE





Thanks!



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