

## **WHY YOGA? THE BENEFITS**

'Researchers have discovered that the regular practice of yoga may produce many health benefits, including increased fitness and normalisation of blood pressure. Yoga is a renowned antidote to stress. Over time yoga practitioners report lower levels of stress and increased feelings of happiness and wellbeing.' From <http://www.betterhealth.vic.gov.au>

Studies show that people who practice yoga have:

- Reduced Anxiety
- Are More Resistant To Stress
- Have Lower Blood Pressure
- More Efficient Heart Function
- Better Respiratory Function
- Improved Physical Fitness

Gentle exercises will de-stress, strengthen and increase the flexibility of your body providing a sense of well-being. Experience total balance and harmony within your entire being; connect with your body, mind and soul, and begin to take control of your life and your destiny.

Our programs are based on yoga postures, the breath, relaxation and meditation.

Yoga asana postures which will help strengthen and correct the body structure, stretch muscles, massage internal organs, creating a positive foundation for a healthy body. Programs are suitable for all fitness levels.

## **WHY CORPORATE PROGRAMS**

### ***How does the health and wellbeing of your staff affect your business?***

'In recent years we have seen a rise in stress across all spheres of life, particularly in the workplace. Approximately 7.7 million Australians spend one-quarter to one-third of their waking lives at work so it is not surprising that we are seeing workplace stress emerging as a major cause of physical and mental health problems.' From Workplace Stress in Victoria - Developing a Systems Approach <http://www.vichealth.vic.gov.au/workplacestress>

### ***Anxiety more common than depression!***

Only seven per cent of Australians recognise anxiety disorders as a major mental health problem, despite them being the most common mental health condition affecting Australians.

Research released by beyondblue to coincide with World Mental Health Day on 10 October found general recognition of depression was increasing in the community, but the majority of people were not aware of the types of anxiety disorders.

About one in four Australians will be diagnosed with an anxiety disorder in their lifetime, with one of five affected by depression.

Dr Nicole Highet, deputy CEO of beyondblue, [said anxiety disorders often co-existed with depression.](#)

Common anxiety disorders include Post Traumatic Stress Disorder, Obsessive Compulsive Disorder, Generalised Anxiety Disorder and phobias.

The national telephone survey of 3,200 people also discovered that negative attitudes towards people with depression are on the decline.

However some myths are still to be busted, with 56 per cent of people mistakenly believing antidepressants were directive. Reported in **THE AUSTRALIAN** October 10, 2008

### **WHY YOGA FOR FIBROMYALGIA**

**Complementary and alternative medicine** - Complementary and alternative therapies for pain and stress management aren't new. Some, such as meditation and yoga, have been practiced for thousands of years. But their use has become more popular in recent years, especially with people who have chronic illnesses, such as fibromyalgia.

**Introduction** - You hurt all over, and you frequently feel exhausted. Even after numerous tests, your doctor can't find anything specifically wrong with you. If this sounds familiar, you may have fibromyalgia.

Fibromyalgia is a chronic condition characterized by widespread pain in your muscles, ligaments and tendons, as well as fatigue and multiple tender points — places on your body where slight pressure causes pain. Fibromyalgia is more common in women than in men. Previously, fibromyalgia was known by other names such as fibrositis, chronic muscle pain syndrome, psychogenic rheumatism and tension myalgias.

Although the intensity of your symptoms may vary, they'll probably never disappear completely. It may be reassuring to know, however, that fibromyalgia isn't progressive or life-threatening. Treatments and self-care steps can improve fibromyalgia symptoms and your general health. From <http://www.mayoclinic.com/>

### **LINKS**

- [www.samatayoga.com](http://www.samatayoga.com)
- [www.vichealth.vic.gov.au](http://www.vichealth.vic.gov.au)
- [\*\*www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Work-related\\_stress\*\*](http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Work-related_stress)
- [www.jeanhailes.org.au](http://www.jeanhailes.org.au)
- [www.beyondblue.org.au](http://www.beyondblue.org.au)

For information on any of our services, please [Contact Us](#)