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Back to school time is here and we will all be mentally smarter when the school year ends. Why not make it a year to remember and bring everything together, mental, physical and spiritual. Yoga is not only practiced on the mat physically. It becomes a way of life... bringing mental clarity, physical endurance, and spiritual growth.

A few Fun facts about how practicing yoga can help you all year round.

*Flexibility increases with yoga (you do not have to be flexible to start)

*Savasana – Final resting pose

During savasana the brain releases endorphins which bring about a feeling of well being and heightened awareness. During asana practice nerve cells are invigorated, muscles are stretched and blood is flowing in and out of muscles; during savasana they are relieved for a time of their burden of directing the body's movements and transmitting sensory messages, therefore allowed to recuperate at maximum speed. And yes, some do fall asleep during savasana.

-How does Yoga beneficially affect the nervous system?

Increases blood, nutrients, oxygen, and prana to the cells, tissues, organs and glands.

The cells are oxidized, which is cleansing and soothing to the entire system.

Circulation is increased and the heart muscle is gently exercised, which helps to regulate the body's circulation and purify the blood.

-The breathing in Yoga brings an increased amount of oxygen into the body and accelerates the amount of carbon dioxide that is released from the body.

-Most athletes practice yoga in addition to their sport because of its many benefits
Focus, confidence, and stamina is increased

*What happens to joints when muscles become tense? The spaces between the joints become compressed. And in extreme cases the synovial membrane can become damaged, cartilage wears down and arthritis begins.

-How can a yoga practice help to relieve osteoarthritis?

*It helps soothe sore muscles and joints; practicing the postures stimulates the secretion of synovial fluid, which keeps the joints lubricated.

Also helps lowers calcium deposits and inflammation.

At Yoga & Friends we offer many different classes to get you started on your yoga journey please visit our studio or check out our website for additional info.

Peace & Namaste,

Christina Ptak-Pawlaczyk (owner of Yoga & Friends)