



Yoga

5 Things to Know

Stress

Studies suggest yoga can help reduce stress.

Mental Health

Yoga may help relieve anxiety and depression.

Modifications

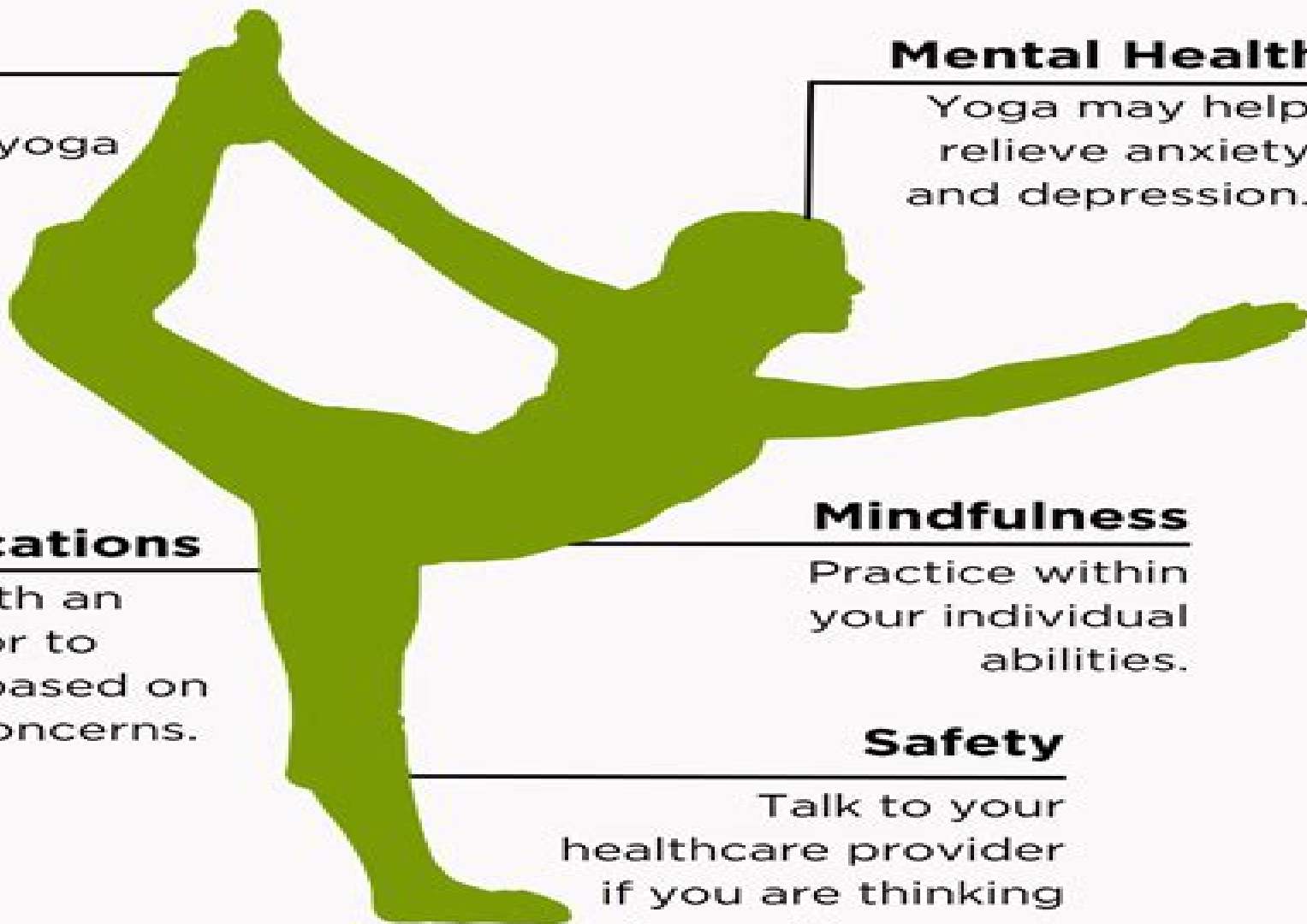
Work with an instructor to modify based on health concerns.

Mindfulness

Practice within your individual abilities.

Safety

Talk to your healthcare provider if you are thinking of practicing yoga.



Mental Health Tips Yoga For Beginners Tips

Yi-Tong Ma



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