

The Benefits of YOGA

How this 5,000-year-old practice is still relevant.

Mind

INCREASES CONCENTRATION. Yoga focuses your attention on only one object such as your breath or a certain image. It's a great way to shut off "mind chatter" and can provide much-needed relief for our 21st century brains overstimulated by technology.

MANAGES STRESS. Yoga can help moderate the body's biochemical response to chronic stress by reducing levels of the hormone cortisol. This means relief for stress-induced health issues too, like insomnia, back and neck pain, and headaches.

IMPROVES MOOD. Studies show yoga can boost levels of feel-good brain chemicals like serotonin, GABA, and dopamine that lead to feelings of happiness and contentment.

PROMOTES AWARENESS. As a mind-body practice, Yoga promotes a sense of wholeness and can make you more in tune with your body. This is why it's often a key part of programs promoting healthy body image and mindful eating.

Body

RELEASES TENSION. As little as five minutes of stretching can help loosen and relax tight muscles. Stretching can also release the lactic acid that builds up with muscle use causing stiffness, tension, pain and fatigue.

BUILDS MUSCLE. Yoga is a great low-intensity type of strength training, using the weight of your own body to move from posture to posture. In certain poses like the plank, you even lift every pound of it! Go for Ashtanga or Power Yoga if you are looking to build strength.

INCREASES FLEXIBILITY. Yoga poses not only stretch the muscles, but all of the body's soft tissues including ligaments, tendons, and the fascia sheath that surrounds your muscles. This helps increase your fluidity and range of motion.

STEADIES BREATHING. Deep, mindful breathing is calming to the sympathetic nervous system (which regulates stress and is usually overstimulated) and stimulating to the parasympathetic nervous system (which rules the "rest and digest" functions of the body).



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If you decide or are questioning liposuction surgery...I would advise you to contact Euro Med Spa. I did!

A friend had the surgery with Euro and I decided to contact them as well. I had always hated the shape of my hips and that my clothes got stuck on my octopus hips. My hips were a part of heredity and no matter how much dieting or exercise the octopus attachments would not go away. I had surgery on Friday morning and went back to work on Monday. Even though the first week after surgery is not the most pleasant experience, it does get better. Dr. Iqbal and the Euro Med Spa team do all they can to make the experience as comfortable as possible. The information they provide answers all your questions, so there is no guessing regarding what to do before or after surgery. I was very impressed. **The best part for me is the results...no more octopus hips. Thank you, Euro Med Spa!** (June 25, 2013)

Euro Med Spa is an official training facility for GPS Lipo and Lipotherme.

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