Yoga

Yoga is a mind-and-body practice that originated in India more than 5,000 years ago. It focuses on thoughtful breathing, meditation, and gentle stretches that result in a series of poses.

Yoga is an effective way to improve your circulation and lessen pain. In addition, practicing Yoga can release muscular and emotional tension. This promotes relaxation and calms the mind.

GETTING STARTED

Gentle Yoga can be safe and beneficial for most patients. You can do the poses at your own pace. And as needed, you can do yoga lying down, sitting or standing.

Qualified Yoga teachers should attain a 200 hour Yoga teacher training certificate (at minimum). Yoga classes often are available at community colleges, local YMCAs and YWCAs, and at other gyms and wellness centers. If you need to modify a yoga practice for specific medical conditions, consider contacting a certified yoga therapist. Yoga therapy is the adaptation of yoga practices for people with health challenges. Yoga therapists prescribe specific regimens of postures, breathing exercises, and relaxation techniques to suit individual needs. To attain yoga therapy credentialing, a certified yoga teacher must acquire 500-1000 additional training hours.

These national registries can help you find yoga professionals in your area:

- Yoga Alliance: yogaalliance.org/Directory?Type=Teacher
- International Association of Yoga Therapists (IAYT): iayt.org/search/custom.asp?id=4160

⚠ **CAUTION**

Ask a member of your care team if yoga is appropriate for you and your medical condition.

OTHER RESOURCES

For more information about yoga, view these resources:

- **Handout:** Mindful Movements To Help You Heal and Recover sharedfiles.mayoclinic.org/bedside/ope/GNT-20421908.html
- **Video** (16 minutes): Mindful Movements: Gentle Yoga, Gratitude mayoclinic.org/pe?mc=MC6734-05
- **Video** (20 minutes): Mindful Movements: Gentle Yoga, Compassion mayoclinic.org/pe?mc=MC6734-06