








Natural Health Practitioners of Canada  
Praticiens de la Santé Naturelle du Canada

# BENEFITS OF YOGA



Research shows that yoga has many benefits. These poses are just a few examples – many others can also be effective. Consult a yoga instructor to learn which poses will benefit you!

	<b>Pain Relief:</b> Yoga has been shown to reduce pain and joint inflammation in individuals with rheumatoid arthritis, making it a recommended addition to usual care.
	<b>Depression Management:</b> Yoga – specifically Hatha and Restorative styles – has demonstrated positive effects in alleviating symptoms of depression.
	<b>Enhanced Sleep:</b> Yoga has been found to help with sleep problems, particularly in individuals with neuropsychiatric disorders.
	<b>Mental Health Support:</b> Evidence supports that yoga can be a useful complementary therapy for individuals with schizophrenia and attention-deficit/hyperactivity disorder (ADHD) when combined with medication.
	<b>Stress Reduction:</b> Regular yoga practice has been linked to decreased stress and burnout, benefiting health care workers, students, and other professionals.
	<b>Inflammation Control:</b> Yoga postures and breathing techniques have been found to positively influence inflammatory pathways, helping individuals with inflammatory conditions.