

# HEALTH IN OUR HANDS!

The Arkansas State University Wellness Program Newsletter  
[www.astate.edu/conhp](http://www.astate.edu/conhp)



## Yoga Awareness

### Overview

September is recognized as National Yoga Month designated by the Department of Health and Human Services. National Yoga Month is designed to inspire and encourage a healthy lifestyle, as well as educate about the health benefits of yoga. Yoga is a mind-body practice that combines physical poses, controlled breathing, and meditation or relaxation. According to the Yoga Health Foundation, the purpose of yoga is to generate greater clarity and harmony in life. The exciting part about yoga is that you do not have to be an expert to begin; yoga will meet you where you are. It is not just a physical exercise program; it is a journey to a healthier and happier lifestyle.

### Types of Yoga

#### Hatha

Ideal for beginners due to the slower pace.

- Refers to any practice that combines poses

with breathing techniques

- Goal is to develop flexibility and to integrate breath into every movement

#### Vinyasa

Ideal for individuals who enjoy intense exercise.

- Fairly fast-paced
- Requires continuous movement throughout the class
- Combines movement and breath in a dance-like way
- Most well-known vinyasa sequence is the sun salutation
  - Series of lunging, bending, and stretching movements

#### Iyengar

Ideal for detail-oriented individuals who enjoy anatomy, movement, and form.

- Focuses on proper alignment
- Blocks or straps are often used

- Unlike vinyasa, each pose is held for a period of time

#### Bikram

Ideal for beginners because of its predictable sequence.

- Series of 26 poses and two breathing exercises
- Practiced in a room heated to approximately 105° and 40% humidity

#### Hot Yoga

Similar to Bikram because of the heated room, however teachers can move outside of the 26-pose Bikram sequence.

#### Yin Yoga

Ideal for individuals who need to unwind. Not recommended for individuals who have a connective tissue disorder.

- Deep meditative practice
- Designed to target deeper connective tissues and fascia
- Restores length and elasticity

#### Restorative

Ideal for individuals who need to slow down or who struggle

with anxiety. Also great for athletes on recovery days.

- Slow-moving
- Longer holds
- Deeper relaxation

### **Benefits of Yoga**

- Pain relief
  - Improves physical and emotional pain
  - Studies show reduced pain with conditions such as:
    - Cancer
    - Multiple sclerosis
    - Auto-immune diseases
    - Arthritis
    - Back/neck pain
    - Other chronic conditions
- Stress management and relaxation
  - Yoga reduces the physical effects of stress on the body
  - Lowers cortisol levels
- Cardiovascular benefits
  - Lowers blood pressure
  - Increases endurance
  - Improves oxygen uptake during exercises
  - Improves circulation
  - Lowers resting heart rate
  - Improves pulmonary function in individuals with asthma
- Weight loss
- Lowers cholesterol
- Increases strength
- Increases flexibility
- Increases energy levels
- Improves quality of life

### **Get Involved**

Yoga for Veterans-Fall 2016  
Arkansas State University's Physical Therapy Department and Beck Pride Center invites veterans to participate in a research study to investigate the usefulness of yoga for improvement of physical function and stress. This yoga study is directed by the faculty and doctoral students in the Physical Therapy Department and is free of charge. This study has been approved by the ASTATE Institutional Review Board of Human Subject Research under study number 832887-1.

- When: Monday, Wednesday, Friday from 12-1 pm
- Where: Red Wolf Center

**If interested, please inquire at the Beck Pride Center, or email**

**[angela.cheesma@smail.astate.edu](mailto:angela.cheesma@smail.astate.edu) for further details.**

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### Red W.O.L.F. Center Group Yoga Classes-Fall 2016

- **Monday/Wednesday**
  - Yoga: 6:30 pm
- **Tuesday**
  - Yoga Bootcamp: 12:15 pm
  - Yoga: 5:30 pm
- **Thursday**
  - Yoga: 5:30 pm

### Class Descriptions

**Yoga:** Learn the fundamental techniques for safe, balanced, and challenging practice.

**Yoga Bootcamp:** Total body workout through intense Vinyasa Yoga Flow and several cardio intervals.

Contact the Red W.O.L.F. Center at (870) 972-3800 for questions regarding group yoga classes.

### **References**

<http://www.yogahealthfoundation.org>  
<http://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/yoga/art-20044733>  
<http://www.realsimple.com/health/fitness-exercise/stretching-yoga/types-yoga/hatha-yoga>

### **Other News:**

\*\*If you have any suggestions for newsletter topics, please contact Dean Susan Hanrahan at [hanrahan@astate.edu](mailto:hanrahan@astate.edu).

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The Arkansas State University Employee Wellness Newsletter is published monthly during the academic year by the College of Nursing and Health Professions. Health questions can be addressed to Dean Susan Hanrahan, Ph.D., ext. 3112 or [hanrahan@astate.edu](mailto:hanrahan@astate.edu). Produced by Jordan Hood, graduate student in the College of Nursing and Health Professions, Physical Therapy Program.