



## YOGA

Yoga can help to relieve chronic pain, stress, and reduce the symptoms of post traumatic stress disorder (PTSD). In addition it can help lower blood pressure, improve concentration, and increase flexibility, endurance, and strength all of which contributes to good physical and mental health status. Yoga combines physical posture, meditation, relaxation and breathing techniques to aid with maintaining body health. The goal of yoga is to make individuals whole. It focuses on the integration of the mind, body and spirit. It relieves stress by encouraging individuals to be in tuned with their thoughts, feelings, and sensations. The utilization of yoga improves people's ability to respond to situations rather than react to internal and external stimuli.

Yoga should not be used to replace traditional medicine; however it can be used as complimentary to traditional treatment. Please consult with your provider before beginning yoga or any new complimentary or alternative treatment. It is recommended that patients with certain kinds of medical conditions avoid participating in certain types of yoga practices and positions. Conditions to include extremely high or low blood pressure, patients with spine and disc problems, glaucoma, retinal detachment, increase risk for blood clots, ear problems, osteoporosis and atherosclerotic arteries.





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### Resources

Defense Center of Excellence

<http://www.dcoe.health.mil/blog/article.aspx?id=1&postid=98>

Defense Center of Excellence

<http://www.dcoe.health.mil/Content/Navigation/Documents/Carnes%20-%20Yoga%20and%20Yoga%20Nidra%20Meditation.pdf>

National Center for Complimentary and Alternative Medicine

<http://nccam.nih.gov/health/yoga/introduction.htm>

National Center for Complimentary and Alternative Medicine (Decrease Women Stress)

<http://nccam.nih.gov/research/results/spotlight/051510.htm>

National Institute of Health

[http://nccam.nih.gov/health/yoga/D412\\_BKG.pdf](http://nccam.nih.gov/health/yoga/D412_BKG.pdf)

National Institute of Health

<http://nccam.nih.gov/news/multimedia/gallery/mbm.htm>