

Peace OF Mind



MIND MATTERS



Yoga and meditation may do more than just relax us. They could stop and reverse the effects of stress on your genes and prevent sickness and disease.



Have a headache? or Back Pain? Yoga and Meditation are the new go-to recommendations for almost anything that ails us.



These practices can deliver benefits for people with diabetes, elevated heart-disease risk, irritable bowel syndrome, depression, and many other seemingly unrelated conditions.



How does this all work?

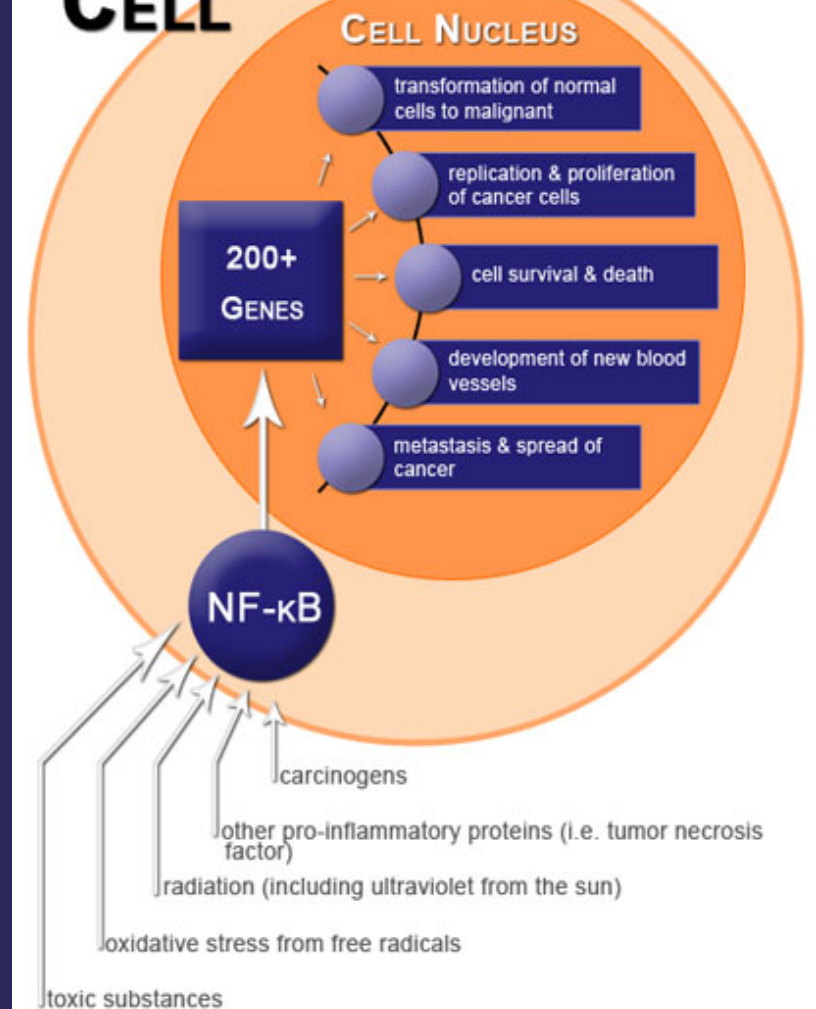


Researchers analyzed 18 studies of the physiological effects of yoga, meditation, Tai Chi, Qigong, deep breathing techniques, mindfulness-based stress reduction, and active relaxation.

What all these practices had in common was that people who took part in them regularly produced less of a protein called nuclear factor kappa B.

Our bodies produce nuclear factor kappa B when we're under stress. This protein increases the activity of genes related to inflammation.

In people under "chronic stress," this protein is secreted all the time. This constant state of stress and inflammation can increase your risk for certain diseases.



People who meditate or practice yoga or other mind-body activities, seem to run low on this stress protein. It isn't about getting more exercise. Both the physically active practices, such as yoga and sedentary ones, like meditation, bring the same biological benefits. And, the great news is that these positive benefits can happen in as little as 8 weeks.



Are you ready to get started?

Classes you can take for free to help reduce this potentially deadly nuclear factor kappa B protein



Yoga: Mon/Wed @ 12:10pm
FitCity Wellness Center

Yoga: Tues/Thur @ 3:45pm
1820 Roosevelt Yard

Classes you can take for free through the Wellness Initiative Program sponsored by the Benefits Study Group.

Please contact the center to determine if there's a class that meets your time needs:

Aqua Yoga for Chronic Conditions

Learn ways to stretch, move and enjoy your body in the support of warm water, using classical yoga postures adapted for the water.

This class is designed for individuals with chronic conditions, helping to soothe joint and muscle pain, as well as relieve stress. Class is held in 92 degree water at Tamarack Pool.

Contact: Erin Johnson: 541-682-5311

Amazon Community Center
541-682-5373 to sign up

Tai Chi

This ancient Chinese art uses round, flowing movements combined with calmness and inner balance. Learn a series of slow movements that promote better health, balance, flexibility and reduced stress. The class includes proper form, body alignment, breathing, energy cultivation and energy awareness.

Amazon Community Center
541-682-5373
or
Campbell Community Center
541-682-6312 to sign up

Yoga

Yoga rejuvenates the mind, body and spirit. Gentle stretching exercises tone and stretch muscles and work to balance every system in the body. Improves overall health and well-being.

Amazon Community Center
541-682-5373
or
Peterson Barn Community Center
541-682-6328

Bo Yoga
Bo Yoga expands your capabilities while practicing yoga poses. The padded balance bar helps with balance and flexibility. The bar becomes a massage tool as well. Bo Yoga is a combination of asana, meditation, tai chi and qigong. Open a whole new world of yoga health with Bo Yoga.

Amazon Community Center
541-682-5373 to sign up

The Art of Healthy Sleep - Nidra Yoga

A relaxing class designed for learning and practicing the nine top methods for improving sleep quality and reducing stress, including Yoga Nidra or sleep yoga, mindfulness for sleep and other practices. The instructor's book, "The Art of Healthy Sleep," will be available to interested participants for a discount. People may take this class more than once.

Amazon Community Center
541-682-5373 to sign up

Give a call to see if one of these classes will work for you!



Your Wellbeing is Our Priority