



# The Pros and Cons of Yoga for Every Age

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Yoga is becoming more and more popular because it's a great exercise regimen for all ages. Other than using caution with some positions, there aren't many disadvantages to Yoga. However, there are plenty of benefits.

*Let's take a look at some of the pros and cons of Yoga:*

### Pros

- 1. Yoga increases strength and flexibility** as it awakens many areas of your body. It can help a rigid body become flexible. The more you use Yoga, the stronger and more flexible you'll become.
- 2. Yoga works on the whole body.** Besides the obvious differences on the outside, Yoga improves your internal functions as well, allowing blood to flow more freely to all organs.
- 3. Yoga transforms your flabby muscles.** The stronger your muscles become with Yoga, the more they will tone your body and rid it of excess fat.
- 4. Yoga is a natural detoxification process.** With increased blood flow to all areas, it helps to eliminate toxins from your body.
- 5. Yoga can alleviate pain.** More and more physical therapists are recommending Yoga for at home therapy.
  - For instance, if you've hurt your back, a physical therapist can recommend very specific Yoga movements to help alleviate pain and strengthen the problem area.

6. **Yoga relieves stress.** This is probably one of the biggest benefits of Yoga. Because of the breathing methods and stretching techniques you practice during Yoga, you can actually feel stress leaving your body.
7. **Yoga harmonizes your body and mind as one.** With your mind aware of what your body is doing, you can reap the rewards of a whole body and mind workout.
  - Yoga classes often have relaxing music and dim lighting so your whole body and mind can relax and focus on the movements.
8. **Yoga stabilizes emotions.** With Yoga, you'll find yourself in an almost meditative state that helps your endocrine system and emotional make up. No other exercise routine does this as well as Yoga.
9. **Yoga works well on arthritic areas.** If you suffer from arthritis, Yoga can help stretch your muscles so they can move more freely.

## Cons

As mentioned above, the disadvantages of Yoga are few; however, there are some important points to note:

1. **Use caution with Yoga headstands.** Some optometrists have warned that Yoga headstands could lead to glaucoma, but there haven't been enough studies on this to draw a firm conclusion.
2. **Dahn Yoga**, a Korean Yoga idea, may be nothing more than a sales pitch to get your money by putting the word *Yoga* in there. It seems to include a lot of counting and chanting with no focus on breathing.
3. **Bikram Yoga**, or *hot* Yoga, is performed in a hot room. Some doctors say this isn't good for your body, while others say it is. You can avoid this controversy by simply sticking with the basics.

***Overall, practicing Yoga with a trained instructor can benefit your mind, body, and inner self.*** With Yoga, you'll be able to relieve stress, strengthen your muscles, and promote your health and well-being. Give it a try, you'll be glad you did.