

## **Boost Your Mental Power With Yoga**

### **What Is Yoga?**

For over a thousand years, people have used yoga as a means of finding peace in their day. More than just an exercise, yoga is a mental, physical and spiritual discipline that originated in India, and has since spread all over the world.

The word yoga originally comes from the Sanskrit word 'yuj', which means 'to unify' or 'to yoke'. It aims to unify your mind, your body and your spirit, give you strength, confidence and a clear head to conquer your busy day.

### **Benefits Of Yoga**

Not only is yoga a great way to unwind and refocus, it's also proven to improve your health in more than one way. Yoga improves your flexibility, helps strengthen muscles, correct posture, increase your bone health and your blood flow, up your heart rate and decrease your blood pressure.

On top of all of these physical benefits, yoga is also known to help you focus, sleep deeper, breathe easier and increase your self-esteem. Yoga actually helps you to improve your mental power, by removing all of the junk and the worries that clutter up our minds and giving us the energy we need to operate at our best throughout the day.

### **What's The Difference Between Yoga And Pilates?**

At Better Yoga, we're always being asked, 'What's the difference between yoga and pilates?' It's a good question because they can seem very similar, especially when they use a lot of the same movements. However, there is a very big difference. Yoga is an ancient-mind body system of wellbeing. The purpose behind it is to still the mind, and bring peace and unity to the individual. Pilates is all about strengthening your core through a series of exercises. And whilst it can be great for building muscles it ignores the mental and spiritual health of the person.

### **How Can I Get Involved?**

At Better Yoga, we're passionate about helping you connect better with yourself through yoga! That's why we run a whole range of yoga classes throughout the week. All at different times to give you the perfect opportunity to take a time-out from your week, stretch, strengthen your muscles and improve your mental power. Whatever your week looks like, we have the perfect class for you to breathe in, and become the you, you want to be.

### **Click To Register And Receive Your Free Yoga Mat**

To help you kick-start your yoga journey we're introducing a 30 day yoga class money back trial. Sign up and receive one of our beautiful yoga mats completely free!

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For more information, be sure to check out [www.BetterYogaLife.com.au](http://www.BetterYogaLife.com.au) or pop in to your local Better Yoga Store today.