



## Meditation and Positive Energy

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The therapeutic effects of yoga and meditation provide a comprehensive review of the benefits of regular yoga practice. As participation rates in mind-body fitness programs, yoga continues to increase. It is important for health care professionals to be informed about the nature of yoga and the evidence of its many therapeutic effects regarding many ailments. Therapeutic yoga is defined as yoga postures and practice to the treatment of health conditions. Instruction in practices and teachings prevent, reduce or alleviate physiological, emotional pain, suffering or limitations. Yoga practice has been proven to enhance muscular strength, body flexibility and endurance; it promotes and improves respiratory and cardiovascular function as well as recovery from addiction, reduces stress, anxiety, depression and chronic pain. It also improves sleep patterns and enhances overall well-being and quality of life. Continued practice leads to changes in life perspective, self-awareness and a sense of energy and enjoyment.

A 5,000 year old tradition, yoga, is regarded in the Western world as a holistic approach to health and classified as a form of Complementary and Alternative medicine. Combined with meditation, therapists, doctors and physical wellness coaches recommend yoga and meditation to improve circulation, joint mobility, thought-patterns, health and vitality.

References: Cathryn has completed her Yoga Teacher training in Hatha in Mount Dora, Florida in 2015. She holds several certifi-

cations in Yin/Restorative yoga, PTSD, Trauma and Prenatal. Cathryn is a wellness speaker on the benefits of Yoga and meditation in the U.S. territories as well as Europe. Cathryn has witnessed the positive effects of meditation and positive energy and how it relates to the mind and body through her many teachings.

Cathryn is the author of Meditation and Positive Energy and is currently obtaining her degree in Holistic Health Practices.

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