

Mayo Clinic Minute

How Yoga Can Improve Your Health

Video	Audio
Vivien Williams	Welcome to the Mayo Clinic Healthy Living Program's gentle yoga class.
Colleen Pelkey Healthy Living Program Mayo Clinic	"It helps with balance and strength and flexibility, which really, all of us need."
Vivien Williams	Mind and body instructor Colleen Pelkey says yoga may also reduce stress, lower blood pressure, lower your heart rate, and...
Colleen Pelkey	"It can reduce the inflammation in our bodies. It helps with digestion. It just gets everything moving."
Vivien Williams	Through poses and meditation, yoga helps you focus on your body, breathing and relaxing. So you can tune out the demands of our busy world, and find balance.
Colleen Pelkey	"Anybody can benefit from yoga."
Vivien Williams	Even people with diseases such as cancer and diabetes. Talk to your health care provider before you start. For the Mayo Clinic News Network, I'm Vivien Williams.