

Strike a Pose



Yoga: A better start to your morning than coffee.

Step away from the morning java and step up to the yoga mat.

There are many benefits to yoga, no matter what time of the day, but take note of how morning yoga can better your life:

Sets the Tone: You will find that practicing yoga in the morning will calm your mind, and urge a positive mood.

Domino Effect: Yoga in the morning will make you feel good, and make you feel connected with your mind/body throughout the entire day. Healthy morning = healthy day.

Stress Response: Yoga appears to modulate stress response systems, decreases physiological arousal, reduces heart rate, and lowers blood pressure. Pose for your health.