



# Therapeutic Yoga

## A New Prescription for Your Mind & Body

Beginning **September 5**, UCF Pegasus Health will offer the following yoga classes on Fridays, led by nationally certified instructor Alpa Bhatia:

- **Yoga for Heart Disease & Hypertension** (9 a.m. – 9:45 a.m.) – Gentle yoga postures are used to exercise the muscles, which benefits the heart and blood vessels. This class also focuses on deep-breathing exercises that help lower blood pressure and calm the sympathetic nervous system, responsible for generating stress hormones.
- **Yoga for Arthritis & Pain Management** (10 a.m. – 10:45 a.m.) – A series of controlled poses, breathing exercises and relaxation techniques will be used to control joint tenderness and swelling, with the goal of increasing flexibility and relieving pain. This class also focuses on building core strength, key to supporting the overall body.
- **Yoga for Diabetes** (11 a.m. – 11:45 a.m.) – Yoga postures that focus on stimulating the pancreas, as well as improving blood circulation to organs and the endocrine glands will be the focus of this class. Yoga also has been shown to reduce production of the hormone glucagon, known to increase blood sugar levels. Many yoga participants who also practice meditation have reported a decrease in food cravings.

## Attend a Free Informational Session:

**Friday, July 25, 11 a.m. – noon** or **Friday, August 29, 11 a.m. – noon**

UCF Pegasus Health, 3400 Quadrangle Blvd., Orlando, FL 32817



Classes are \$60 per month, with registration beginning July 25.

Before beginning any new exercise program, please consult with your physician.