Yoga Opportunities in the Peoria Area

These are only a few

• Wednesdays at 6:00 p.m. with Dr. Anton Grasch; Methodist Atrium
• Om on the River: https://www.omontheriver.com/yoga-meditation/ ($15 drop-in)
• Hult Center for Healthy Living: https://www.hulthealthy.org/ ($5 drop-in)
**Effect of Yoga on Academic Performance**

**Objective:**
The main objective of the study was to assess the effect of yoga on academic performance in relation to stress.

**Results:**
The results show that the students, who practiced yoga performed better in academics. The study further shows that low-stress students performed better than high-stress students, meaning thereby that stress affects the students’ performance.

The health benefits of yoga and exercise: A review of comparison studies

Objectives: Exercise is considered an acceptable method for improving and maintaining physical and emotional health. A growing body of evidence supports the belief that yoga benefits physical and mental health via down-regulation of the hypothalamic–pituitary–adrenal (HPA) axis and the sympathetic nervous system (SNS). The purpose of this article is to provide a scholarly review of the literature regarding research studies comparing the effects of yoga and exercise on a variety of health outcomes and health conditions.

Conclusion: The studies comparing the effects of yoga and exercise seem to indicate that, in both healthy and diseased populations, yoga may be as effective as or better than exercise at improving a variety of health-related outcome measures.