

Yoga Opportunities in the Peoria Area

These are only a few

- Wednesdays at 6:00 p.m. with Dr. Anton Gräsch; 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.

Kauts, A. & Sharma, N. (2009). **Effect of yoga on academic performance in relation to stress.** *International Journal of Yoga*, 2(1), 39-43.
Retrieved from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3017967/>

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.**