



## **Orthopedic Associates** OF PORT HURON

### **Yoga**

At Orthopedic Associates we believe in helping you become as healthy as you can be. We are pleased to announce that we are now offering Yoga classes to those that are interested in increasing their overall sense of wellness.

#### ***What is Yoga?***

Yoga is a series of breathing, movement and meditation to assist in achieving balance of the body, mind and emotions. Yoga utilizes physical exercises including stretching, strengthening and balance exercises in order to restore normal alignment within the body. Yoga also utilizes mental discipline, as it requires attention to detail, which develops sharp observation skills and teaches one the ability to focus on a single point for long periods.

#### ***What are the benefits of Yoga?***

- Increased strength
- Improved posture
- Increased stamina
- Enhanced flexibility
- Improved balance and coordination
- Improved concentration
- Relieves physical, mental and emotional stress
- Assists in balancing the body, mind and emotions

#### ***Who is appropriate for Yoga?***

- Men & women interested in improving their overall health

Note: as always consult your physician before beginning any exercise program.

How do I attend a Yoga class at Orthopedic Associates?

Simply call (810)985-4900 and tell us that you are interested in attending one of our classes and we will enroll you in our next available session.

**We Keep You on the Move!**

940 River Centre Drive, Port Huron, Michigan 48061-5031  
(810)985-4900 or 1-888-OAPH-911  
[www.oaph.com](http://www.oaph.com)