



33 Tips to De-Stress with Yoga and Exercise (Stress Management Book 1)

Jeff Davidson

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The practice of yoga goes back some five to seven thousand years. It went mainstream, however, when Jane Fonda's Yoga Exercise Workout hit #1 on Billboard's Health and Exercise Video Chart. By some estimates, more than four million people practice yoga in the United States alone. As baby boomers age, it's likely that these numbers will increase dramatically.

Yoga advocates maintain that the reason why the art is gaining popularity as a fundamental element of health and fitness is because it works and it works so well. Yoga, they say, is a balanced and complete program of health, fitness, and exercise, combining the needs of the mind and the body. Think of yoga as dynamic stretching, effective breathing, improved posture, and simple meditation.

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