

TASK TIME: 2 MINUTES

Yoga @ Work
Cat/Cow Stretch
[Stretch Now!](#)



Live 30-minute yoga classes twice a week. Simple, basic yoga postures help your body to relax and thus manage stress from the inside out.



Yoga and Resilience

Yoga, means "union," and is often described as the connection between mind and body. Through various postures, yoga practitioners gently twist the spine, stretch muscle groups, and use their body's natural weight to build strength. Whether you're holding challenging poses like plank or relaxing into child's pose, the practice is always anchored by steady, controlled breathing. Medical studies have shown that yoga can reduce stress, alleviate chronic pain, and lower blood pressure.

With regular practice, yoga enhances strength, flexibility, and balance—not just physically, but mentally as well. This reflects the deeper purpose of yoga: to strengthen the mind by fortifying the body. In the West, the physical practice of yoga can be used to prepare the body for seated meditation, which is the main goal for practitioners in the East. This connection between body and mind aligns with somatic psychology, emphasizing how physical health directly impacts mental well-being.