



This week...

Fortitude: Exert, Rest, Recover, Repeat

These busy days can test our minds and bodies. We ask so much of our bodies and the one thing they need in return is some downtime to rest and recover. Today, how about you treat yourself with chair yoga!

[Skip to Katie Marren's Chair Yoga Video: Session One](#)

Yoga is derived from the Sanskrit word *yujji*, meaning yoke or union. Yoga is an ancient practice that brings the mind and body together. It incorporates breathing exercises, meditation and poses designed to encourage relaxation and reduce stress.

Multiple studies have confirmed the many mental and physical benefits of yoga. Incorporating yoga into your routine can help enhance your health, increase strength and flexibility and reduce symptoms of stress, depression and anxiety.

Finding the time to practice yoga even just a few times each week may be enough to make a noticeable difference when it comes to your health.

According to [John Hopkins Medicine](#), here are nine ways yoga improves your health:

- Yoga improves **strength**, balance, and **flexibility**
- Yoga helps with back pain relief
- Yoga can ease arthritis symptoms
- Yoga benefits **heart** health
- Yoga relaxes you and helps you sleep better
- Yoga can mean more **energy** and brighter moods
- Yoga helps you manage **stress**

- Yoga connects you with a supportive community
- Yoga promotes better self-care

Both women and men can benefit from yoga. While the majority of people who practice yoga are women, there are many men who practice as well and enjoy many healthy benefits. Here is an informative article from [Mens Journal](#) to get the men out there started!

For this week's ReFresh, we are privileged to have one of our own members – Katie Marren, Vice-Principal in SD #57 – provide us with a 15-minute video on practicing **chair yoga**.

[View Chair Yoga with Katie: Session One](#)

You can practice this in your office, in a classroom, or even safely together in a staff meeting! This can be practiced in the morning to get grounded before you start your day, or in the afternoon/evening to relieve tension from your day.

Katie has done an amazing job of guiding us through the chair poses, coaching on subtle body changes to optimize your practice, and keeping us breathing and relaxing through the process.

This ancient practice and meditation approach is becoming increasingly popular in today's busy society. We hope this introduction to chair yoga provides you with a retreat from your chaotic and busy day. Katie and I invite you to open a spot in your day to practice alongside this video, and give your busy mind and body time to rest and recover.

Learn more about the health benefits of yoga:

- [Heathline: 13 Benefits of Yoga](#)
- [Harvard Health Publishing: Benefits Beyond the Mat](#)

If you would like to contribute, or have ideas about what you would like to see in the **ReFresh** series, we would love to hear from you: contact rochelle@bcpvpa.bc.ca.