YOGA

REDUCES PHYSICAL IMPAIRMENT
(e.g., increases strength & flexibility)

POSITIVELY IMPACTS COGNITIVE APPRAISAL
(e.g., decreases fear avoidance & catastrophizing; increases self efficacy & conscious awareness of the body)

DECREASES BACK PAIN/ DYSFUNCTION

POSITIVELY IMPACTS AFFECT AND STRESS
(e.g., decreases psychological distress & perceived stress; increases positive affect)

IMPROVES NEUROENDOCRINE FUNCTION
(e.g., normalizes HPA axis)