




UNSW Student Life

WELLNESS YOGA


arc.unsw.edu.au/wellness



“Yoga has a sly, clever way of short circuiting the mental patterns that cause anxiety.”

- Baxter Bell

Yoga is an ancient art based on a harmonising system of development for the body, mind, and spirit. The word “yoga” comes from the Sanskrit root yuj, which means “to join” or “to yoke”.





The facts and benefits of Yoga

Oxford University found that people who practised yoga even once a week were less stressed out, had lower blood pressure and had better sleep.

The same study also found that every kind of yoga has the same positive mental health benefits. So while you're breaking into a sweat, gently stretching your body, your mind gets the exact same health benefit.

Resources

Studios Near Campus:

- UNSW Fitness and Aquatic Centre
- Sona Yoga
- Kensington Yoga
- Barefoot Yoga Studio

Apps:

Yoga Studio, Simply Yoga

Check out the Arc Website under 'Wellness' for more detailed information.



Choosing your kind of Yoga!

Do you like
to work work
workout?

Yes! I Want To Sweat

Like routine, flow and some tunes?
Try **Vinyasa**

Feeling like you can turn up the heat
to a variety of poses?
Try **Bikram (hot yoga)**

Want work on those muscles with
some deep breathing?
Try **Ashtanga**

Not Really, Feeling More Chill

Feel like a relaxing stretch?
Muscles and mind need a break?
Try **Restorative or Yin**

Need to boost your balance?
Try **Ivengar**

Want to get back to basics with a classical style?
Try **Hatha**



Practise Exercise

Pranayama is an essential aspect of Yoga. This practise focuses on deep breathing and gentle stretching. Pranayama is scientifically proven to be deeply and intricately connected to happiness.

Try practising Pranayama

1. Stand comfortably and evenly on two feet
2. Keep your weight centered, not on your heels or toes
3. Take a deep breath in and out
4. Notice how your breath feels
5. Keep your shoulders down and relax your hands
6. Connect your movement and breath
 - a. As you inhale, lift your arms up
 - b. As you exhale, lower your arms

Record your experience giving yoga some practise.

How did you feel before your practise? What worries were you focusing on?

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How did you feel during the exercise?

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How does the breathing feel now? Can you notice difference in posture or mood?

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Stressed?

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**here
to hear** 
after-hours student helpline

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Now operating 9pm-7am every night during semester

heretohear.arc.unsw.edu.au