

Health Benefits - Yoga & Exercise Difference

Yoga:

- Parasympathetic Nervous System dominates
- Subcortical regions of brain dominate
- Slow dynamic and static movements
- Normalization of muscle tone
- Low risk of injuring muscles and ligaments
- Low caloric consumption
- Effort is minimized, relaxed
- Energizing (breathing is natural or controlled)
- Balanced activity of opposing muscle groups
- Noncompetitive, process-oriented
- Awareness is internal (focus is on breath and the infinite)
- Limitless possibilities for growth in self-awareness

Exercise:

- Sympathetic Nervous System dominates
- Cortical regions of brain dominates
- Rapid forceful movements
- Increased muscle tension
- Higher risk of injury
- Moderate to high caloric consumption
- Effort is maximized
- Fatiguing (breathing is taxed)
- Imbalance activity of opposing groups
- Competitive, goal-oriented
- Awareness is external (focus is on reaching the toes, reaching the finish line, etc.)
- Boredom factor

