

# 21<sup>st</sup> Global Nursing Education Conference

4<sup>th</sup> International Conference on

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## Holistic Medicine and Nursing Care

March 25-26, 2019 | Orlando, USA

WORKSHOP | DAY 1

JOURNAL OF NURSING & CARE, VOLUME: 8 | DOI: 10.4172/2167-1168-C4-103

### Meditation and positive energy

The therapeutic effects of yoga provide a comprehensive review of the benefits of regular yoga practice. As participation rates in mind-body fitness programs, yoga continues to increase. It is important for health care professionals to be informed about the nature of yoga and the evidence of its many therapeutic effects regarding many ailments. Therapeutic yoga is defined as yoga postures and practice to the treatment of health conditions. Instruction in practices and teachings prevent, reduce or alleviate physiological, emotional pain, suffering or limitations. Yoga

practice has been proven to enhance muscular strength, body flexibility, and endurance; it promotes and improves respiratory and cardiovascular function as well as recovery from addiction, reduces stress, anxiety, depression, and chronic pain. It also improves sleep patterns and enhances overall well-being and quality of life. Continued practice leads to changes in life perspective, self-awareness and a sense of energy and enjoyment. A 5,000-year-old tradition, yoga, is regarded in the Western world as a holistic approach to health and classified as a form of Complementary and Alternative medicine.

#### Biography

Cathryn Valor has completed her Yoga



**Cathryn Valor**

Certified Yoga Instructor, USA

Teacher training in 2015 from SamaCore Yoga & Barre in Mount Dora, Florida. She teaches classes at rehabilitation centers, yoga studios, and private clients and continues to hone her teaching skills. She has a meditation video on YouTube and is currently pursuing a degree in holistic health practices.

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