

**Yoon's Martial Arts Academy**  
**El Paso, Texas**

**Yoga**

Yoga exercises are performed in a series of slow movements, carefully stretching, and then remaining completely motionless for a brief holding period. Plan to practice from 20-30 minutes each day, but wait at least one and a half hours after eating. Hatha (meaning physical) Yoga (meaning union or joined together) is concerned with the treatment of the person as a whole - inner health as well as outer beauty.



You should wear clothing that allows for complete freedom of movement in all directions. You should choose a flat surface that allows for you to stretch limbs and trunk in many directions at once and maintain your balance. Select an undisturbed well-ventilated area. Place a large towel, mat or pad over your practice surface. Should you apply yourself faithfully to daily practice you will experience improved flexibility and improved general physical and emotional health. You will also find the potential for a life time of relief from stress and the emergence of hidden beauty and a more positive attitude.