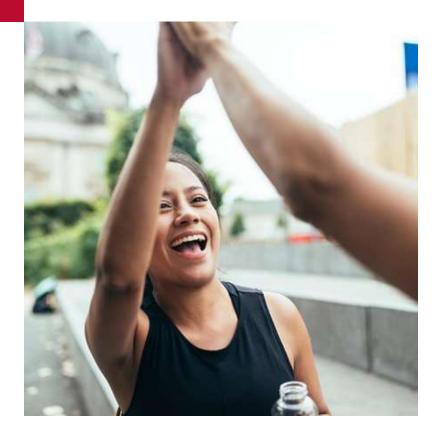
August 2023



*Access the Health Connected site on your <u>My Canada Life at Work</u> profile today.

Yoga: Stretch for Your Health

Yoga is about more than just flexibility. The ancient art of yoga endures in our modern world for many good reasons. Locate the *Yoga: Stretch for Your Health* article on *Health Connected's Health Library** today to learn the following:

- Benefit from yoga
- What yoga is and isn't
- Styles of yoga
- Getting started

