

August 2023



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

*Access the Health Connected site on your [My Canada Life at Work](#) profile today.