Advantages of Meditation

1) Reduces Stress  
2) Controls Anxiety  
3) Promotes Emotional Health  
4) Enhances Self-Awareness  
5) Lengthens Attention Span  

Via Healthline.com

Motivational Quotes

“You measure the size of the accomplishment by the obstacles you had to overcome to reach your goals.”  
~ Booker T. Washington

“Let nothing dim the light that shines from within.”  
~ Maya Angelou

At–Home Yoga Exercises

Hold each pose for 15 to 30 seconds. Keep the time consistent and gradually increase the time as you get more comfortable with each exercise.

1. Child Pose
2. Palm Tree Pose
3. Downward Facing Dog Pose
4. Bridge Pose
5. Warrior Pose
6. Tree Pose

Working out increases productivity. Exercising increases the number of endorphins that are released into the body and increases productivity.

Working out sharpens your memory. Exercising increases the production of cells that are responsible for learning and memory.

Working out improves brain performance. Cardiovascular exercise helps create new brain cells. This enhances brainpower and brain activity.

If you have any questions please contact Jelani Townsell, Assistant Dean of Athletics, Health & Wellness at jtownsell@rcc.mass.edu