

Yoga vs Meditation

Yoga

- Both a **physical and mental practice**
- Proven **benefits tend to be more physical than mental** (like lower-back pain relief)
- Yoga's history can be **traced back to India** thousands of years ago
- A typical yoga session **stimulates the nervous system and focuses on movement**



Meditation

- **A mental practice**, though many meditation techniques observe the body
- Proven benefits are **both physical and mental** (like less stress + reduced blood pressure)
- The earliest references to meditation are from around **1500 BCE in India**
- A typical meditation session focuses on **paying attention to the present moment nonjudgmentally**

