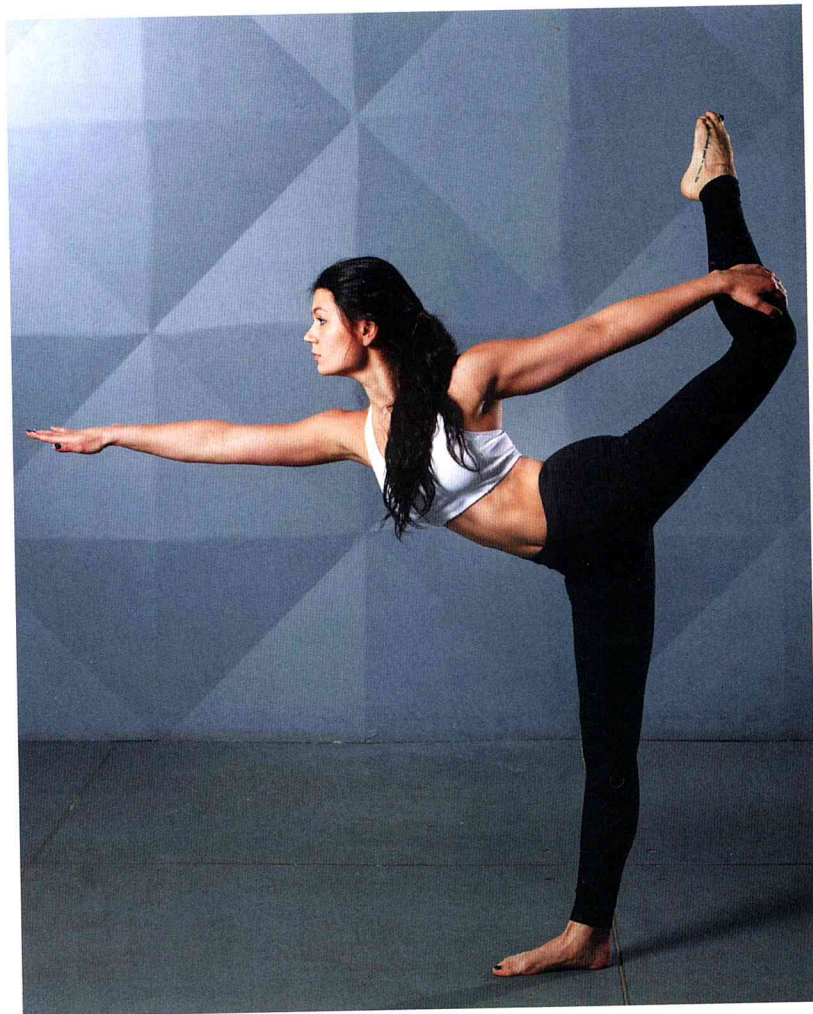


# Yoga, the Ancient Art for Holistic Health

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Among the many fitness trends in today's health culture, yoga is an undisputed favorite. With a rich history dating back more than five millennia and spanning multiple continents, yoga is practiced in various ways and appeals to a wide range of people who seek to improve their overall health. Yoga was first mentioned among rituals to be performed by the Brahmins, Vedic priests of the Indus-Sarasvati civilization in Northern India. Today it is practiced by people all over the world in both religious and secular ways. According to Michelle Sutherland, owner and instructor at Sutherland Yoga in Valdosta, practicing the ancient art has numerous benefits to holistic health.



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