

A woman with curly hair is performing a yoga pose, likely Warrior II, against a dark background. She is wearing a grey crop top with red and black stripes on the side and dark blue leggings. Her right arm is extended forward and her left arm is extended back, both parallel to the floor. Her legs are in a wide stance with the right foot turned out and the left foot flat on the floor. She is looking over her right shoulder towards the camera.

FICTION:
Yoga is a
completely
gentle and safe
exercise

FACT:

Yoga is an excellent form of exercise, but some styles such as Ashtanga, Power yoga or Bikram are quite rigorous and physically demanding. As with any form of exercise, qualified, careful instruction is necessary for a safe, effective workout.