
LIVE YOUR YOGA

Mind | Body | Spirit



*Sometimes your joy is the
source of your smile, but
sometimes your smile can be
the source of your joy.*

What Hanh

Mind

Smile! It's good for you! No kidding. According to an article in *Psychology Today* entitled "There's Magic in Your Smile," "Each time you smile, you throw a little feel-good party in your brain. The act of smiling activates neural messaging that benefits your health and happiness." The article explains that every time you smile, the feel good neurotransmitters dopamine, endorphins and serotonin are all released and have the effect of relaxing your body and lowering your heart rate and blood pressure. We have all heard how physical exercise releases endorphins which act as a natural pain reliever. Well, it turns out that exercising the corners of your mouth in an upward direction will do the same thing!

Furthermore, the article also points out that the release of serotonin brought on by your smile serves as an anti-depressant/mood lifter. We all have times when we need to feel better, so when those times come, remember to SMILE!

Body

We can all agree that everyone looks better when they are smiling. Did you know that in addition to feeling better emotionally, as discussed above, that we can also feel better physically because of the mind/body/spirit connection. In addition to lowering heart rate and blood pressure, when we smile, our bodies naturally relax. When we are relaxed, our immune system functions better to help us fight off illness and disease.

Spirit

Smile! It's contagious! We all need to feel connected to others, and a smile does just that, so when you are feeling disconnected, SMILE!

Yoga Vocabulary

Santosha means contentment. As we begin to be more mindful of how important it is to smile and how smiling affects us, our level of contentment will naturally increase.