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Yoga Guide for People Living with Rheumatoid Arthritis

Congratulations, you have taken your first step in **Remaining Active** with RA. Brought to you by the [American Yoga Association](#) in collaboration with the [Arthritis Foundation](#) and support from RAAcademy.com, **Remain Active with RA** is a Yoga guide designed specifically for people with rheumatoid arthritis (RA). As with any new exercise program, you should **consult your rheumatologist or physical therapist beforehand** to determine what is appropriate for you. Click on the sections below to learn more about the guide, including why the Arthritis Foundation encourages people with RA to exercise regularly, information about the Yoga guide and what you can do to begin a more active lifestyle today!

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Before beginning any new exercise program, you should consult your physician or physical therapist. Share the **Remain Active with RA Yoga Guide** with them to determine whether Yoga is right for you.

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