

BENEFITS OF YOGA!



Did you know?

Yoga...

- ◆ Increases body awareness;
- ◆ Relieves stress;
- ◆ Reduces muscle tension, strain, and inflammation;
- ◆ Sharpens attention and concentration; and
- ◆ Calms and centers the nervous system.

Yoga combines:

Different postures

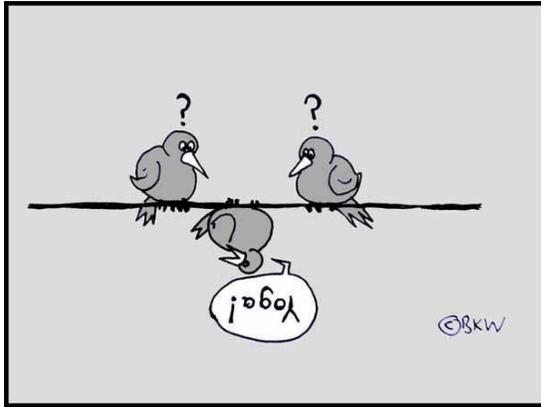


Breathing patterns

Meditation

Yoga has been shown to enhance social well-being through a sense of belonging to others, and improve the symptoms of depression, attention deficit and hyperactivity, and sleep disorders.





As yoga involves controlling muscle movements and stretching the body, the posture rushes more blood to different organs. This results in improved sexual performance for all genders.

Yoga can bring relief to people suffering from migraine headaches. A study published by Harvard Health Publications claims that affected people had fewer and less painful migraines after 3 months of yoga.

By strengthening the core, toning the muscles, and improving cardiovascular function, helping in the secretion of hormones and flushing out toxins from the body, regular yoga practice has immense anti-aging benefits.

