



BENEFITS OF YOGA

YOGA



Improved Mental Well-being

Yoga and meditation reduce stress, anxiety, and depression while promoting calmness.



Enhanced Physical Fitness

Yoga asanas improve strength, flexibility, and balance, enhancing overall physical fitness.



Stress Reduction

These practices activate relaxation responses, helping manage chronic stress.



Increased Energy Levels

Reducing stress, enhancing sleep, and increasing self-awareness replenish energy.



Better Sleep Quality

Yoga and meditation promote relaxation and reduce sleep issues.



Improved Digestion

Yoga helps alleviate digestive issues and reduces gut tension.



Increased Happiness and Life Satisfaction

Promotes gratitude, contentment, and overall life satisfaction.