

Benefits of Yoga

To ascertain, there are innumerable benefits of practicing yoga regularly. However, below are few interesting gains *yoga sadakas* (students) have observed by regular practice of yoga.

1) Physical(Body)

- a) Increased flexibility
- b) Increased muscle strength and tone
- c) Improves Body postures
- d) Improves functionality of body organs
- e) Helps one to maintain cardio and circulatory health
- f) Improves respiration energy and vitality
- g) Better Bone health
- h) Drains toxins and boosts immunity
- i) Helps in weight reduction
- j) improves athletic performance

2) Mental(mind)

- a) relieves stress and anxiety
- b) fights depression and reduces inflammation
- c) sharpens concentration and improves focus
- d) Improves mood and controls mood swings
- e) Cultivates mindfulness
- f) gives control over thoughts
- g) calms down the mind