**BENEFITS OF YOGA**

**Tension Reduction: Yoga has a well-known reputation for lowering anxiety and tension. Physical postures, breathing techniques, and meditation all work together to lower cortisol levels, relax the nervous system, and encourage relaxation.**

**Strengthening: Although yoga is commonly connected with stretching, it also strengthens the arms, legs, back, and core. Maintaining different positions necessitates using muscles, which over time builds the body's strength and tone.**

**Increased Mobility and Flexibility: A variety of yoga poses and stretches improve joint range of motion and flexibility. Frequent practice aids in the elasticity and lengthening of muscles, facilitating more fluid and effortless daily motions.**

A person sitting on a mat stretching her legs

Description automatically generated

**Better Sleep: By encouraging relaxation and lowering tension, regular yoga practice can enhance the quality of sleep. Doing yoga before bed can help relax the body and mind in preparation for a good night's sleep.**

**Mind-Body Connection: Yoga promotes mindfulness, which is an increased awareness of your breath and body. A greater awareness of oneself, emotional equilibrium, and mental clarity are all facilitated by this mind-body link.**

**Improved Posture and Balance: A lot of yoga postures concentrate on balance and alignment, which can help to enhance stability and rectify bad posture. This is especially helpful for people who stand or sit for extended periods of time since it helps reduce back pain and avoid injuries.**

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