

Physical effects of Yoga

Systemic:

- Increased temperature
- Increased wellbeing

Blood:

- (short term) Higher blood pressure
- (long term) Lower blood pressure

Muscles:

- Sensitivity
- Strength
- Flexibility

Skin:

- Profuse sweating

Heart:

- (short term) Increased heart rate
- (long term) Decreased heart rate

Gastric:

- Increased appetite

