

## Physical effects of Yoga

### Systemic:

- Increased temperature
- Increased wellbeing

### Blood:

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

### Skin:

- Profuse sweating

### Heart:

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

### Muscles:

- Sensitivity
- Strength
- Flexibility

### Gastric:

- Increased appetite

