



Benefits of Yoga

For Body

- Increased Core Strength
- Lowers Blood Pressure
- Weight Management
- Improved Digestion
- Improved Circulation
- Body Detoxification
- Pain and Tension Relief
- Increased Flexibility
- Improved Posture
- Increased Immunity

For Mind

- Improved Intuition
- Increased Self-Acceptance
- Improved Concentration
- Neutralised Stress
- Improved Memory
- Increases Mental Awareness
- Focus On the Present
- Increased Confidence
- Unlocked Energy Flow
- Balanced Brain Hemispheres

Yoga Makes You Happy!