

## 25 benefits of Yoga

- Improves your flexibility
- Builds muscle strength
- Perfects your posture
- Prevents cartilage & joint breakdown
- Protects your spine
- Improves your bone health
- Increases your blood flow
- Drains your lymph
- Drops your blood pressure
- Regulates your adrenal glands
- Makes you happier
- Founds a healthier lifestyle
- Lowers blood sugar
- Helps you focus
- Relaxes your nervous system
- Improves your balance
- Relaxes tension in your limbs
- Helps you sleep deeper
- Boosts the functionality of your immune system
- Increases lung capacity
- Prevents IBS & other digestive problems
- Gives you peace of mind
- Increases your self esteem
- Gives you inner strength
- Builds awareness for transformation