

INTERNATIONAL DAY OF YOGA

Yoga is an integrated practice that provides many benefits for good physical, mental, and spiritual health.



Physical Benefits

Yoga improves flexibility, strength, and balance.



Stress Reduction

Yoga incorporates deep breathing techniques, meditation, and relaxation, which help activate the body's relaxation response.



Better Posture

It strengthens the core muscles, corrects imbalances, and reduces strain on the spine, resulting in better posture and reduced back pain.



Improved Mental Health

Yoga can help alleviate symptoms of stress, boost mood, and increase overall emotional resilience.



Increased Energy

Yoga practices can invigorate the body, improve circulation, and increase energy levels.

