



BENEFITS OF YOGA

You don't have to be physically flexible to experience the benefits of yoga! Here are some ways that a gentle yoga practice can support your health:

Strengthens Bones

Yoga may help prevent bone deterioration and reduce the risk of osteoporosis. Some studies have shown that yoga may also improve bone mineral density in the spine.

Improves Balance & Posture

Standing and seated poses can help you improve your balance and posture, which will benefit your strength and quality of life.

Reduces Stress & Anxiety

Yoga helps activate the parasympathetic nervous system, also known as "rest and digest" mode. This state helps you feel calm and relaxed.

Elevates Mood

During yoga, the brain releases "feel good" hormones like dopamine and serotonin. These chemicals help you feel happy and calm.

Improves Sleep

Regular physical activity can improve sleep quality. Research shows that a yoga practice can help those suffering from insomnia sleep longer and fall asleep faster.