



11 REASONS TO PRACTICE YOGA



Improve your flexibility



Prevents digestive problems



Builds muscle strength



Prevents cartilage and joint breakdown



Helps you focus

Studies have found that regular yoga practice improves coordination, reaction time, memory, and even IQ scores.



Regulates your adrenal glands



Drops your blood pressure

Each time you practice yoga, you take your joints through their full range of motion. This can help prevent degenerative arthritis or mitigate disability by "squeezing and soaking" areas of cartilage that normally aren't used.



Eases your pain

According to studies, yoga can reduce pain in people with arthritis, back pain, fibromyalgia, carpal tunnel and other chronic conditions.



Helps you sleep deeper



Boosts your immune system functionality

Makes you happier!

Studies have found that a consistent yoga practice improved depression and led to a significant increase in serotonin levels and a decrease in cortisol

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SHINE
be a lamp, a lifeboat, a ladder