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REASONS TO PRACTICE



Improve your flexibility



Prevents digestive problems



Builds muscle strength



Prevents cartilage and joint breakdown



Helps you focus

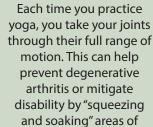
Studies have found that regular yoga practice improves coordination, reaction time, memory, and even IQ scores.



Regulates your adrenal glands



Drops your blood pressure





Eases your pain



Helps you sleep deeper



cartilage that normally

aren't used.

Boosts your immune system functionality

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

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levels and a decrease in cortisol