

IMPORTANCE OF YOGA

Yoga is an ancient art that originated in India about six thousand years ago. Earlier people were used to practice yoga and meditation in their daily lives to lead healthy and strong lives. However, in such a crowded and busy environment, the practice of yoga was falling from day today

Yoga is very safe and can be practised safely by anyone, anytime by children. Yoga is a practice of bringing body parts together to create the balance of body, mind, and soul. Earlier, meditation was practised by yogis.

Benefits of yoga

- Improve muscle flexibility
- Heals body postures and alignment
- Provides a better digestive system
- Strengthens internal organs
- Treats asthma
- Cures diabetes
- Helps to cure heart problems
- Helps skin glow
- Promotes strength and endurance
- Improve concentration
- Helps control mind and thoughts
- Keeps the mind calm to overcome anxiety, stress, and depression
- Helps in reduce stress
- Helps in blood circulation and muscle relaxation
- Weight loss
- Protects from injury

Eka Pada Setubandha Sarvangasana pose

