

# WHY WE LOVE INTERNATIONAL YOGA DAY

It's inclusive people of all age groups, religions, nationalities and social backgrounds can celebrate, because yoga is accessible to all! There are so many different kinds of yoga practices, so it's possible for anyone to start. Size and fitness levels don't matter – there are modifications for every yoga pose and beginner classes in every style.

## Yoga helps you manage stress

Life can be stressful sometimes, and it can take its toll on our physical bodies. Have back or neck pain, sleeping problems and headaches? Regular yoga practice creates mental clarity, calmness, and relieves chronic stress –

which means it'll help you with all of the above.

**Practicing yoga is healthy**

**This is no surprise, but it bears repeating. Yoga strengthens and stabilizes the spine, relieving back pain, stress, anxiety and tension. It helps with weight reduction, maintaining a balanced metabolism and increases flexibility. And these are only some of its host of benefits.**

**- Cdt.Nikku Limbu**

**WB20SWA209534**

**ST.JOSEPHS COLLEGE DARJEELING**

**4TH BENGAL**