



Most of us inherently know that yoga has many benefits for the body, mind and spirit. In recent years, yoga has worked its way into mainstream health and fitness programs because people have begun to understand the benefits that those who practice it gain. When practiced regularly, it can make a measured difference in a person's physical, mental and spiritual health.

## BONUS #2 – BENEFITS OF YOGA

The physical benefits of yoga are outstanding. Our hope is that we can help you incorporate yoga into your self-care routine, just like brushing your teeth or getting adequate sleep. Here are the many amazing benefits of yoga to give you that motivation to get going:

- Increase muscle, joint and tendon flexibility
- Tone and strengthen muscles
- Increase cardiovascular efficiency
- Decrease blood pressure
- Increase respiratory functions
- Improve eye-hand coordination
- Improve posture
- Improve balance
- Increase energy levels
- Weight loss
- Increase endurance
- Heal damaged muscles
- Manage pain
- Reduce anxiety
- Increased stamina
- Slow the aging process
- Improve the immune system

One of the most impressive physical benefits of yoga that many people report having is an increased awareness of their bodies and when their bodies aren't performing as they should. They can actually sense when a health problem is beginning. This allows them to start treating the problem before it goes any further, preempting many serious illnesses.

Yoga not only contributes to physical health; with regular practice it also can improve mental health. Practitioners of yoga have reported the benefits for centuries, and recently the scientific community

has begun to research and confirm what has always been believed. The psychological benefits of yoga can include:

- Mental clarity
- Stress reduction
- Emotional groundedness
- Increased body awareness
- A relaxed mind
- Improved ability to pay attention, concentrate and retain information
- A countering effect to the feelings of depression or helplessness
- Increased brain activity including an improved communication between the left side of the brain and the right side of the brain
- Positive changes in mood
- Positive changes in vitality and energy
- Pride in taking care of the body
- Kinesthetic awareness
- A decrease in hostility and anger
- Increased social skills
- A feeling of being refreshed immediately after yoga as if just waking from a good nap

On the spiritual level, many who practice yoga also report benefits. Some of the spiritual benefits believed to come from yoga are:

- A greater awareness of nature and a person's connection to nature
- A sense of peace
- Enjoyment of oneself
- Enjoyment of life
- Awakening of the energy within oneself
- A connection with the soul

It's easy to see the three areas that benefit from the practice of yoga- body, mind and spirit. When the three areas are working together in harmony, the benefits of yoga increase.



Below, I am giving you 6 yoga moves to start with. Practice them every day and you will feel great. If you want more structured yoga workouts, here is one of our favorite yoga resources: [yogawithadriene.com](http://yogawithadriene.com)



Cat Cow Pose



Downward Dog Pose



Plank to Cobra Pose



Pigeon Pose



Warrior II Pose



Triangle Pose