

# YOGA BENEFITS

INCREASES  
**ARM**  
STRENGTH BY  
12% AFTER  
16 CLASSES



PEACE  
OF MIND



OXYGEN TO  
THE BRAIN



SLOWER  
BREATHING =  
LESS STRESS



INCREASED  
**LUNG**  
CAPACITY

LESS CHANCE OF  
**HEART**  
DISEASE



INCREASES  
METABOLISM  
+  
HELPS  
DIGESTION

GROUNDING  
+  
BETTER FOCUS

BETTER  
POSTURE

35% INCREASE  
IN FLEXIBILITY  
AFTER 8 WEEKS  
OF PRACTICE

INCREASES  
**LIBIDO!**



DECREASES  
LACTIC ACID  
IN MUSCLE  
+  
DECREASES  
JOINT PAIN

