

Yoga

The art of practicing yoga helps in controlling an individual's mind, body and soul. It brings together physical and mental disciplines to achieve a peaceful body and mind; it helps manage stress and anxiety and keeps you relaxing. It also helps in increasing flexibility; muscle strength and body tone. 8 Health benefits of daily yoga practice Improve flexibility, strength, and posture. Daily yoga practice will help stretch and tone your body muscles better all-round fitness, Weight loss, Increase your energy, Reduce stress, Breathe better, be happier, become more mindful.









