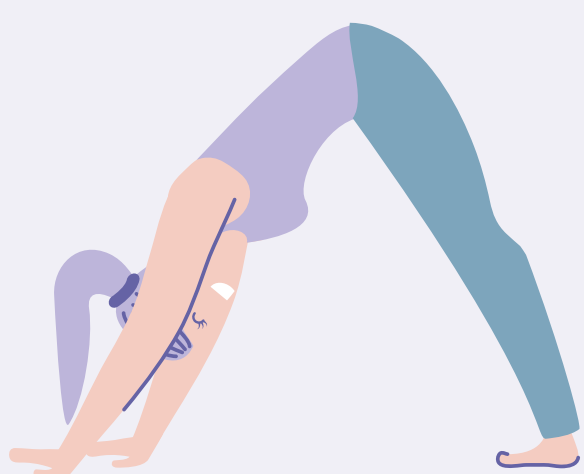


YOGA & MENTAL HEALTH

The art of yoga helps to heal the body and the mind by instilling a sense of calm and clarity.

Improves Physical Fitness

Practicing yoga eases your muscles and improves your overall motor function.



Helps Manage Stress

Yoga helps reduce feelings of stressfulness and anxiety by encouraging mental and physical relaxation.

Promotes Better Sleep

Practicing yoga regularly can help your REM cycle and promotes healthy sleep patterns.



Builds Core Strength

Yoga can help you achieve a healthy weight and increase your core muscle strength.