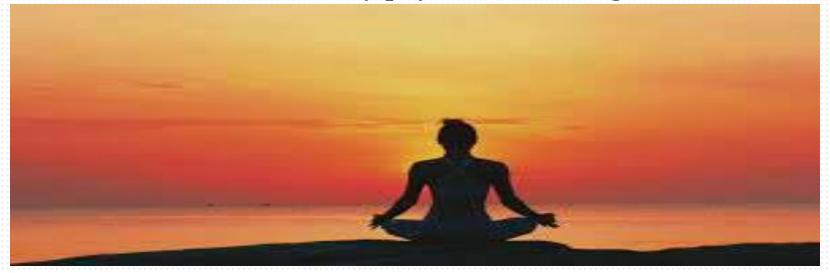
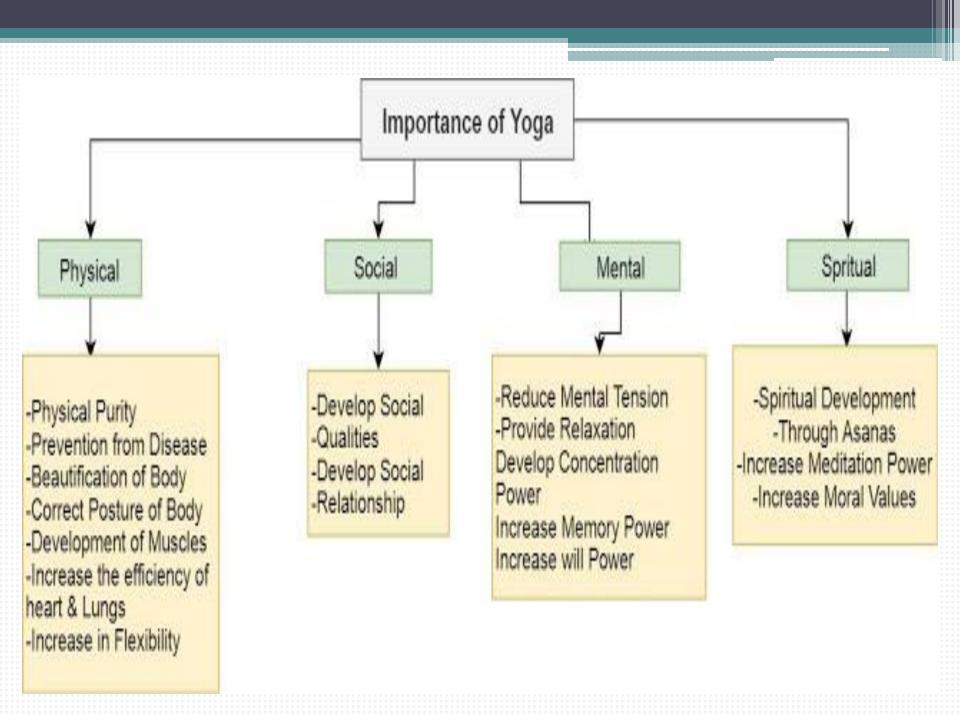
IMPORTANCE OF YOGA

Yoga is not a religion, it is a way of living that aims towards a healthy mind in a healthy body. Man is a physical, mental and spiritual being; yoga helps promote a balanced development of all the three. Other forms of physical exercises, like aerobics, assure only physical well-being.





Benefits of Yoga



- Aids in weight loss
- Improves immunity
- Relieves stress & anxiety
- Increases flexibility& muscle strength

"Yoga is a light, which once lit will never dim. The better your practice, the brighter your flame."

- B.K.S. Iyengar

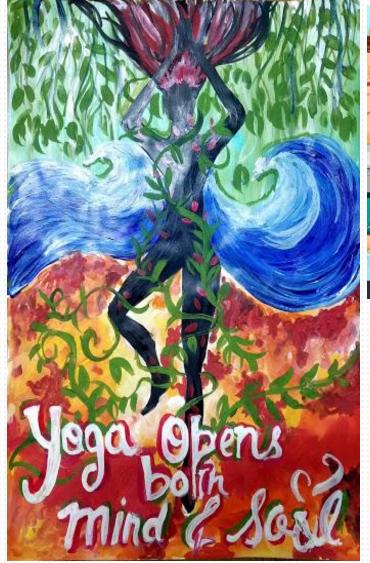
"The nature of yoga is to shine the light of awareness into the darkest corners of the body."

- Jason Crandell

"Yoga begins with listening. When we listen, we are giving space to what is."

- Richard Freeman







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