

## BENEFITS OF YOGA :-

- 1) Yoga increases your flexibility.
- 2) Yoga helps you to build strength.
- 3) Yoga improve your posture
- 4) Yoga helps to keep your joints healthy.
- 5) Yoga is a powerful mindfulness practice
- 6) Yoga reduce stress.
- 7) Yoga lower blood pressure.
- 8) Yoga helps you to make healthier life choices.

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