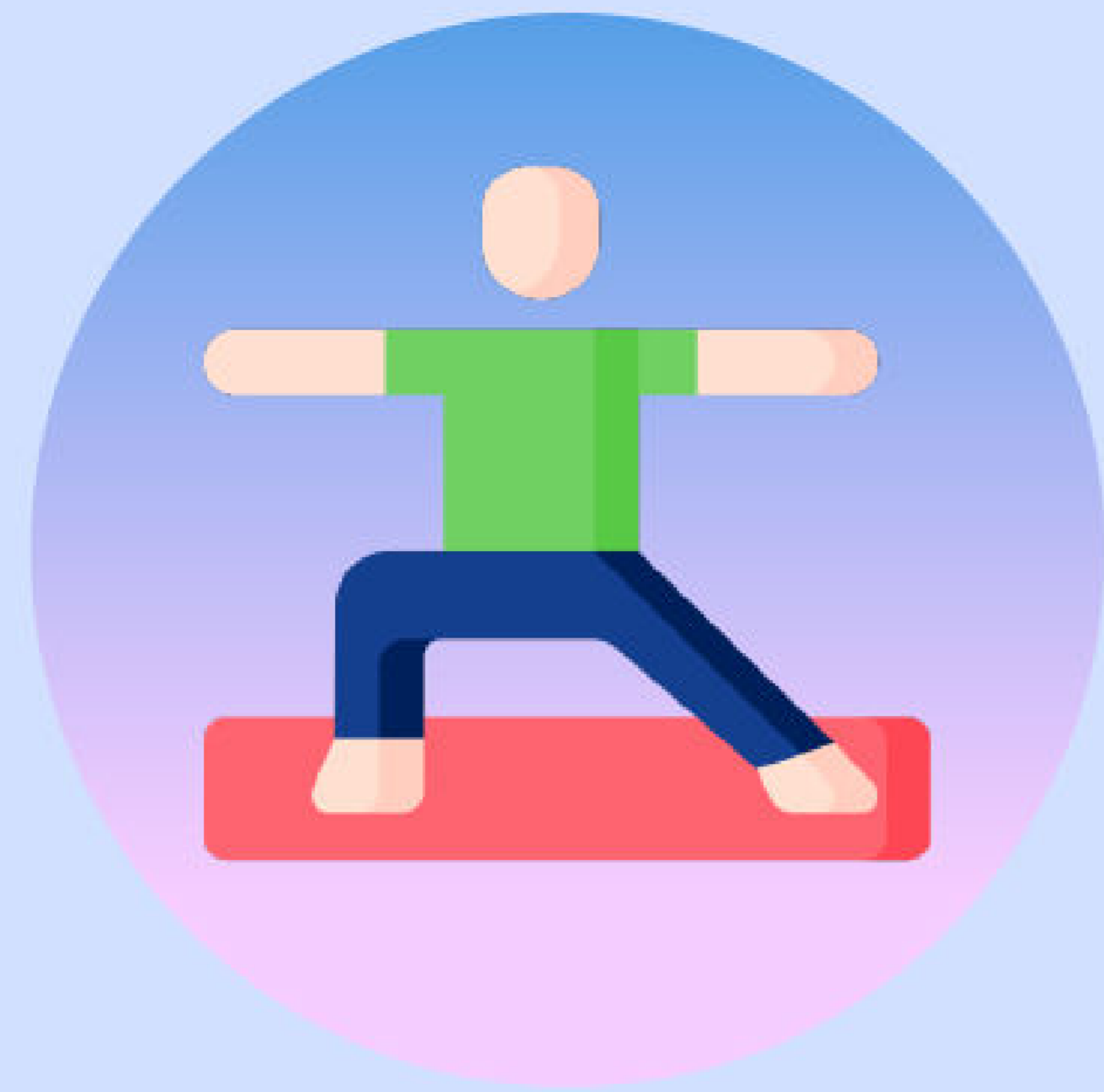
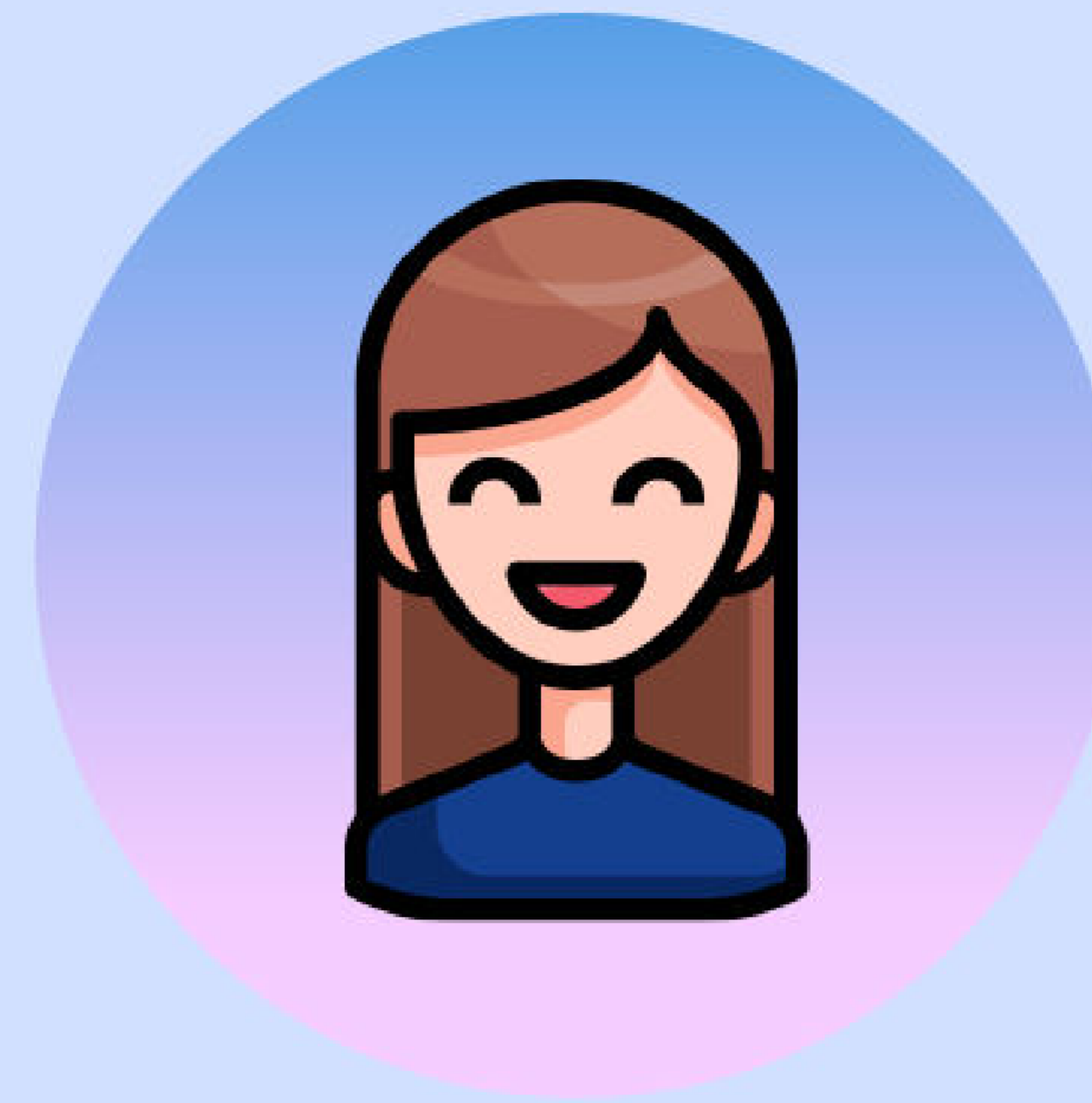


Physical Benefits of Yoga



Increases
flexibility



Alleviates
pain



Promotes balance
and stability



Keeps the
heart healthy



Improves
respiratory
health



Strengthens
bones &
muscles