

Benefits of Yoga and Other Mind-Body Wellness Programs

- Decrease symptoms of stress, anxiety and depression
- Reduce fatigue
- Enhance immune system
- Decrease chronic pain
- Decrease in chronic illness
- Enhance overall health and vitality
- Heal old traumas and enhance emotional stability
- Increase brain wave coherence
- Deeper, more restorative sleep
- Improve comprehensive ability, memory and productivity
- Feeling of lightness and happiness
- More toned muscles and increased flexibility
- Increase mindfulness and body awareness
- Increase mental calmness and peace of mind
- Improved cardiovascular health

Most effective type of wellness programs available