**Prevention**

**Strategies**

Incorporate yoga into your weekly routine for physical and mental health benefits

**1**

Attend certified yoga classes or follow online tutorials for proper technique learning

**2**

Attune to your body, adapt poses for individual needs and limitations

**3**

**Physical Health Benefits**

**Better Posture**

**Pain Relief**

**Improved Flexibility**

Yoga postures enhance muscle flexibility, increasing overall range of motion

Yoga promotes body awareness, correcting and maintaining good posture

Yoga alleviates chronic pain, including lower back and arthritis discomfort

**Increased Strength**

Yoga poses engage muscle groups, boosting strength and tone

**Mental Health Benefits**

**Stress Reduction**

**Improved Mood**

Yoga incorporates mindfulness and deep breathing techniques, which help reduce stress and promote relaxation

Yoga stimulates endorphin release, enhancing mood and overall well-being

Regular yoga improves sleep quality and duration, reducing insomnia and promoting restful sleep

Yoga enhances self-awareness and emotional regulation, aiding in coping with life's challenges and cultivating resilience

**Better Sleep**

**Emotional Balance**

**Key Facts**

Yoga, a millennia-old practice, continues to gain global popularity steadily and significantly

Scientific studies affirm yoga's positive impact

on both physical and mental health outcomes

Yoga is universally accessible to people

of all ages, abilities, and fitness levels

Health Fact Sheet

**Benefits of Yoga**

**for Physical Health**

**Yoga** is an ancient practice that encompasses physical postures, breathing techniques, and meditation. It offers numerous benefits for both physical

and mental well-being, making it a valuable addition to a healthy lifestyle