

## Benefits Practicing Yoga

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1. Reduces your risk of getting heart disease.
2. Improves the functioning of your immune system.
3. Helps you to manage stress more effectively.
4. Can help relieve the pain of tension headaches.
5. Reduces the risk of developing hypertension ( high blood pressure )
6. Reduces your risk of developing non-insulin dependant diabetes.
7. Can help improve short term memory, focusing and concentration.
8. Increases your maximal oxygen intake.
9. Strengthens your respiratory system.
10. Helps to boost creativity.
11. Helps you sleep easier and better.
12. Helps the body resist upper respiratory tract infections
13. Increases ability to supply blood to the skin for cooling.
14. Reduces the rate and severity of medical complications from hypertension.
15. Reduces your risk of having a stroke.
16. Helps you to relax.
17. Helps to increase your overall health awareness
18. Helps give you willpower to lose weight.
19. Lowers your resting heart rate.
20. Helps to relieve constipation
21. Improve memory power
22. Increase your life span
23. Helps mind work well
24. Increase virility
25. Makes the body beautiful
26. Control obesity
27. Strengthens heart and lungs
28. Makes the brain strong and the face attractive
29. Shows the path to a disease-free life
30. Drives out tiredness and laziness
31. Makes life eternally young
32. Act as anti aging
33. Regulates blood flow
34. Eliminates pain and helps forget it
35. It inspire us to read and think more
36. Cures all diseases