

## YOGA CENTER

**Yoga** is essentially a spiritual discipline based on an extremely subtle science, which focuses on bringing harmony between mind and body. The word '**Yoga**' is derived from the Sanskrit root 'Yuj', **meaning** 'to join' or 'to yoke' or 'to unite

### Objectives of yoga:

- To enable the person to have good health.
- To practice mental hygiene.
- To possess emotional stability.
- To integrate moral values.
- To attain higher level of consciousness.

### Principles of yoga:

- Proper Asana practice
- Proper Breathing
- Proper Relaxation
- Proper Diet
- Positive Thinking and Meditation

### Benefits of Yoga:

There are many benefits to the practice of yoga both physical and mental, from better posture to greater self acceptance. Here are the main benefits of yoga.

- Improved Posture
- Better Sleep
- Increased natural energy level and vitality
- Greater flexibility, strength and stamina
- Better balance
- Stronger immune system
- Blood pressure decreases
- Cardiovascular efficiency increases

- Respiratory efficiency increases
- Cholesterol decreases
- Endurance increases
- Weight normalizes
- Social adjustment increases
- Anxiety and depression decrease
- Concentration improves
- Memory power improves

## Photos







