



Top 5 Reasons you should do Yoga

Yoga is relaxing and a great workout.

Regular practice will help you to tone and strengthen the body as well as improve flexibility, which in turn can reduce the risk of injury. You will also finish a yoga session feeling much more relaxed and peaceful.

Not all yogi's are born flexible!

Just like you wouldn't expect to go to the gym for the first time and pick up the biggest weight, why would you expect to be very flexible and 'good' at yoga first time? Benefits are most obvious with regular practice, so even 5 minutes a day and you will quickly see the benefits.

Yoga helps to improve concentration

A good yoga class should leave you with a sense of inner peace that can last throughout your day. This will help with decision making and improve your concentration with tasks at hand.

Stress relief

Yoga uses many different breathing control techniques which help to not only strengthen lung capacity, but also help to calm the mind by focussing your attention to one thing. When we focus on breathing we do not worry about the future or past, but instead feel a sense of calm by being truly present.

Blood pressure is normalised

Yoga has specific benefits for improving blood pressure levels so for those suffering from high blood pressure, yoga can be even more effective than dietary changes for improving blood pressure.