

# benefits of yoga

*calm*

*breathe*

deepening and lengthening your breath stimulates the relaxation response the opposite of the fight-or-flight adrenaline boost of the stress response

Even beginners tend to feel less stressed and more relaxed

recently, researchers have begun exploring the effects of yoga on depression, a benefit that may result from yoga's boosting oxygen levels to the brain

lowering levels of hormone neurotransmitters (dopamine, norepinephrine, and epinephrine) creates a feeling of calm

increased body awareness

*relax*

with increased flexibility and strength comes better posture

*aware*

*tone*

lower blood pressure and slow the heart rate

an intense power yoga class that gets you breathing hard in a heated room can provide an aerobic benefit

lung capacity often improves which in turn can improve sports performance and endurance

some research points to a boost in the oxytocin, the so-called "trust" and "bonding" hormone that's associated with feeling relaxed and connected to others

there is a decrease in catecholamines, the hormones produced by the adrenal glands in response to stress

stretching your muscles releases the lactic acid that builds up with muscle use and causes stiffness, tension, pain, and fatigue

increases the range of motion in joints and may also increase lubrication in the joints

*endurance*

*strength*

*flexibility*

improves muscle tone