Yoga

How Yoga Transforms Your Body

AFTER YEARS

AFTER CLASS

AFTER A FEW MONTHS

- Lower Risk of Heart Disease
- Improved Brain Function
- Lower Stress Levels
- Healthy Weight
- Alter Gene Expression
- Stronger Bones
- Increased Flexibility
- Improved Sense of Balance
- Lower Blood Pressure
- Lower Blood Sugar Levels in Diabetics
- Improved Lung Capacity
- Relief from Chronic Back Pain
- Improved Sexual Function
- Anxiety Relief
- Reduced Chronic Neck Pain

GastroDoxs
defenders of the digestive system