

***“Rushing into action, you fail. Trying to grasp things, you loose them. Therefore the master takes action by letting things take their course. She remains as calm at the end as at the beginning.”
- by T.R. Stephen Mitchell***

Benefits

By Tamar Kelly

In yoga, the body is treated with care and respect, for it is the primary instrument in our work and growth. Yoga postures improve circulation, stimulate the abdominal organs and put pressure on the glandular system of the body, all of which promote good health. In addition to this, the breath, which is the life source, is trained and developed, thus improving the respiratory system. Yoga's benefits are so expansive, the following is only a partial list of how it may ease our discomfort and promote well-being.

- Muscular skeletal flexibility and joint range of motion increase
- Eye-hand co-ordination improves
- Dexterity and reaction time improves
- Posture improves
- Strength and resilience increase
- Endurance increases
- Energy increases
- Immunity increases
- Weight normalises
- Integrated function of body parts increase
- Excretory functions improve
- Gastrointestinal and endocrine functions normalise
- Muscle strength increased
- Joints stabilize
- Asthma and allergy symptoms ease
- Anxiety and depression reduce
- Aging process slows
- Addictions ease
- Sleep improves
- Blood pressure and heart rate lowers
- Somatic and kinaesthetic awareness increase
- Hostility decreases
- Memory and concentration improves
- Learning efficiency improves
- There are also numerous biochemical benefits including a decrease in glucose, sodium and cholesterol in the body.

