# YOGA BENEFITS

YOGA IS NOT FOR THE FLEXIBLE.
IT'S FOR THE WILLING.

GROUNDED & BETTER FOCUS

### HELPS DIGESTION

INCREASED

INCREASES METABOLISM







· Peace · of Mind



ARM
STRENGTH
BY 12% AFTER 16 CLASSES

OF HEART DISEASE

Slower Breathing Less Stress



35%

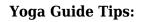
LESS CHANCE

INCREASE IN FLEXIBILITY AFTER 8 WEEKS OF PRACTICE

DECREASES LACTIC ACID IN MUSCLE & DECREASES JOINT PAIN

## **Yoga Guide Tips**

**Ntathu Allen** 



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