

Live Life Easy



HEALTH BENEFITS OF PRACTICING YOGA

1

IMPROVES SLEEP



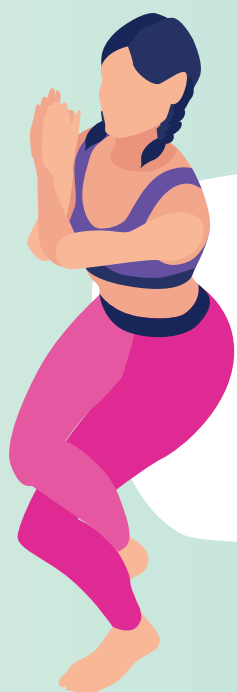
2

INCREASES FLEXIBILITY



3

STRENGTHENS BONES



4

BALANCES METABOLISM

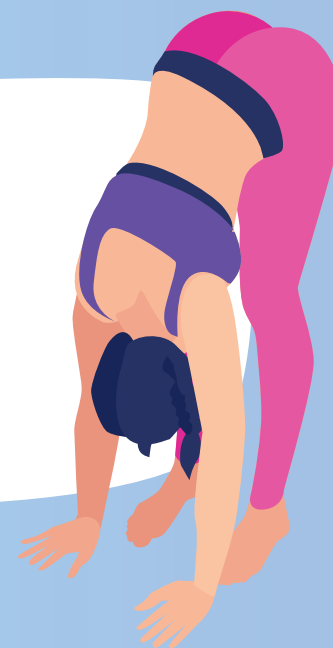
5

INCREASES MUSCLE STRENGTH



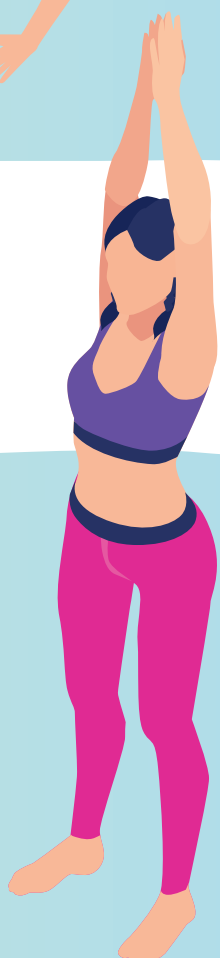
6

PERFECTS YOUR POSTURE



7

IMPROVES DIGESTION



8

LOWERS BLOOD PRESSURE

