

## The Benefits of Yoga

- a. S Develops clear thinking
- b. M Physical benefits
- c. S Improves Concentration
- d. S Reduce fear, anger and worry
- e. M Mental benefits
- f. S Improve blood circulation
- g. S Improve digestion
- h.) S helps you feel calm and peaceful
- i) S develops self-confidence
- j) T Practicing yoga regularly can be good for your mind, your body and your emotions
- k. S Makes you strong and flexible
- l. C Therefore, to build mental, physical and emotional health consider practicing yoga
- m. M Emotional benefits

i) Practicing yoga regularly can be good for your mind, your body, and your emotions.

(ii) Mental Benefits:-

- a) Develops clear thinking
- b) Improves concentration

(iii) Physical Benefits:-

- a) Improves blood circulation
- b) Improves digestion
- c) Makes you strong and flexible

(iv) Emotional Benefits:-

- a) Reduce fear, anger and worry
- b) Help you feel calm and peaceful
- c) Develops self-confidence

(v) Therefore, to build mental, physical and emotional health consider practicing yoga.