

# BENEFITS OF YOGA

## Emotional

- Builds confidence
- Lowers stress
- Develops resilience
- Improves mood/  
well-being
- Decreases depression  
and anxiety

## Mental

- Strengthens concentration  
and focus
- Reduces test anxiety
- Improves memory
- Increases ability to be  
present
- Boosts creativity

## Physical

- Improves posture
- Strengthens immune system
- Enhances body awareness
- Builds strength and flexibility
- Enhances sports  
performance
- Improves lung capacity
- Sharpens balance
- Improves sleep