



# YOGA

HAVE YOU EVER WONDERED  
HOW YOGA COULD HELP YOU?



THE BENEFITS ARE ENDLESS,  
SOME OF THE BENEFITS INCLUDE:

IMPROVED  
ATHLETIC  
PERFORMANCE

INCREASED  
MUSCLE STRENGTH  
AND TONE

INCREASED  
FLEXIBILITY

IMPROVES  
BALANCE

INCREASED  
CARDIO AND  
CIRCULATORY  
HEALTH

IMPROVES  
SOCIAL  
INTERACTION

IMPROVES  
POSTURE

REDUCES  
STRESS

INJURY  
PREVENTION

ENCOURAGES  
SELF-CARE

FIND A LOCAL YOGA STUDIO AND  
SIGN UP FOR A CLASS.  
IT IS A GREAT WAY TO STAY  
IN SHAPE AND STAY HEALTHY.