



THE PHYSIOLOGY OF YOGA:

Optimize your knowledge and practice of yoga to enhance bodily functions, leading to a healthier and more balanced life. Explore the scientific effects of yoga practices on the body's physiological systems to promote overall health and well-being.

The Physiology of Yoga explores how yoga practices affect the body's physiological systems to promote overall health and well-being. Here are some key points:

Key Aspects:

1. Stress Reduction:

- Yoga helps reduce stress by lowering cortisol levels and promoting relaxation.
- Techniques like deep breathing and meditation activate the parasympathetic nervous system, which helps calm the body.

2. Improved Mental Health:

- Regular yoga practice can alleviate symptoms of anxiety and depression.
- It enhances mood and emotional well-being by increasing serotonin levels.

3. Enhanced Physical Health:

- Yoga improves flexibility, strength, and balance.
- It can help manage chronic conditions like hypertension, diabetes, and arthritis by improving cardiovascular health and metabolic functions.

4. Better Respiratory Function:

- Pranayama (breathing exercises) enhances lung capacity and respiratory efficiency.
- It helps in better oxygen exchange and overall respiratory health.

5. Digestive Health:

- Certain yoga poses stimulate the digestive organs, aiding in better digestion and elimination.
- It can help alleviate issues like constipation and indigestion.

6. Immune System Boost:

- Yoga practices can enhance immune function by reducing stress and promoting overall well-being.
- It supports the body's natural healing processes.

7. Mind-Body Connection:

- Yoga fosters a deeper mind-body connection, promoting self-awareness and mindfulness.
- This connection helps in better stress management and emotional regulation.

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