

Science-backed mental health benefits of yoga

1. Trains your body and mind through a relaxation response, decreasing stress
2. Empowers you to recognize the thoughts, feelings, and actions that trigger anxiety
3. Helps trauma survivors cultivate a deeper connection between mind and body
4. Impact neural patterns in the brain, improving your ability to concentrate
5. Helps cope and overcome depressive symptoms by lowering cortisol levels
6. Increases the secretion of melatonin, promoting a better sleep
7. Cultivates a sense of inner peace and tranquility
8. Increases energy levels



Yoga The Science Of Health

Marcel A. Müller



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