

# WHAT DOES YOGA DO FOR YOU?

More than 3,400 studies have charted the benefits of yoga, and new studies come out almost every day. Ever wonder why a regular yoga practice can have such a broad range of benefits. One reason for yoga's broad benefits is that yoga can help us inhabit our extended body-mind-being more fully. Once we begin to live more fully in our body - and make decisions feeling our whole body - many other things fall into place.

A regular yoga practice is often heralded as a way to increase flexibility in our bodies. And it certainly does that: A regular yoga practice can help maintain fluid motion in our bodies by lubricating joints, hydrating connective tissue, and increasing circulation to tight muscles.

But while there's no denying the positive benefits of a more supple spine and flexible body, the transformational potential of yogic practice far exceeds the physical benefits.

A well rounded practice can help foster better breath support for everyday living, increased clarity and mental stillness, and greater emotional resiliency, just to name a few of the more subtle benefits.

A long-held posture becomes etched into the body's fascial structure and ingrained into the nervous system. Yoga helps with posture alignment.

There is a vital role in maintaining a healthy spine and rib mobility and postural support. Dysfunction in any respiratory-related structure makes us more susceptible to pain and injury.

Combining elements of yogic self study with modern neuroscience, explains how an understanding of how our mind's work is the first step in freeing us from rigid thinking patterns.

Source: Yoga University: Online Yoga Education for Everybody  
Edited by: Amritari Martinez M.A., Registered Yoga Instructor  
For more information go to [www.mindhealthyoga.com](http://www.mindhealthyoga.com)

