

Yoga for body and mind

- * Yoga means "Union". Yoga helps in achieving Union of our mind and body.
- * Yoga is mental, physically and spiritual practise which energises our body and mind.
- * Practising yoga regularly makes us strong.
- * It keeps us physically fit reduces stress and maintain overall good health.
- * It helps in learning physical and mental discipline.
- * Yoga makes us broad minded.
- * It teaches us Universal brotherhood.
- * It refines our thinking and makes us discipline.
- * Practising yoga regularly is helpful in curing many diseases like diabetes, B.P

Corona and also can

* yoga is the best way to stay healthy permanent.

Yoga is an old method of Exercise that has developed over thousands of years in Indian society and has been practising ever since.

Yoga is practised worldwide now with a huge popularity, especially in western countries.

Yoga is an old art in which body is connected with mind. It is a type of exercise through which all elements of body are linked with mind with the help of meditation and relax.

It is defined as the art of emptying the mind to have interaction with inner self. Body and soul get connected through Yoga. A balance between body and soul is possible through yoga.

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