

## Yoga helps health and mind

Yoga helps to improve strength, balance and flexibility. It helps back pain relief, helps us to sleep better, helps to manage stress and can give more energy. Yoga also helps to lower blood pressure and reduce heart diseases.



The most important part of yoga is breathing .breathing is very important .We breathe every day ,taking deep breaths help you in being relaxed and calm .Yoga also treats many diseases. Yoga helps for hair to grow and lessen hair fall. If we do yoga every day we will be healthy and stay relaxed. During this pandemic, yoga will really helpful. Let's all do yoga and stay home and stay safe.

-Prisha Muthappa