



CELEBRATE NATIONAL YOGA MONTH SEPTEMBER

{The Health Benefits of Yoga and Mindfulness}

Yoga has been researched extensively showing many benefits:

- Makes you happier and gives you peace of mind
- Helps you focus and sleep better
- Increases your flexibility, muscle strength and tone
- Maintains a balanced metabolism
- Drains your lymph and boosts immunity
- Improves your respiration, energy and vitality
- Helps with weight reduction
- Improves cardio and circulatory health
- Strengthens your athletic performance
- Protects from injury
- Regulates your adrenal glands and hormones
- Connects you with your body's healing intelligence
- Encourages active self-care

National Yoga Month is powered by the non-profit
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Learn more at www.yogamonth.org.
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