



Yogasan

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YOGA

The human body is everything. A healthy person can suffer all the pleasures of life, whose health is always bad, how can a person enjoy all pleasures of life? This is an eternal truth, so only man can take some time for his health and if some Yogasana and exercises are suitable for their health. Doing Yoga and being beneficial, the person who exercises yoga and exercises for his health is no more fortunate than the other.

Importance of yoga

Yoga can only lead to a happy life by getting rid of omeats Man is a physical, mental and spiritual being; yoga helps promote a balanced development of all the three. Other forms of physical exercises

Weight loss

Stress relief

spiritual health

Increased energy

Improved immunity

Improves physical strength

better flexibility



Thus, yoga bestows upon every aspirant the powers to control soul, body, and mind. Its help to physical fit and Stress relief life.

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its help to fit health The vision behind our ‘What’s Your Fit?’ campaign is fueled by our passion to help people to reach their goals and figure out what fitness means to them. By providing a supportive culture, we’re hoping communities feel inspired, while also having fun as they complete these full body workouts. As part of our ‘What’s Your Fit?’ campaign, expert trainers designed four core and stability workouts. They are called core and stability workouts because each exercise requires

a mix of abdominal, back, and balance work. These workouts provide overall strength and build muscle