

Compliments of Yoga Energy Studio, 1010 Central Ave #102, St. Petersburg
FL 33705. www.YogaEnergy.com . 727-895-9593

WHAT ARE THE BENEFITS OF YOGA???

Yoga is a form of exercise that strengthens your entire body, improves your flexibility, develops balance, improves circulation, reduces stress, and establishes greater stability and range of motion. Yoga calms the mind, improves concentration, steadies the emotions, and opens the heart to feeling more alive.

THESE BENEFITS VARY DEPENDING ON HOW OFTEN YOU PRACTICE...

HOW OFTEN SHOULD I PRACTICE??? &
WHAT ARE THE BENEFITS IF I PRACTICE MORE?

1-2 Classes Weekly

Reduced stress; modest improvement in: flexibility and balance; modest improvement in breathing; modest postural improvement; better sleep; safe exploration of recent injuries.

3-4 Classes Weekly

All of the above, plus: significant increase in strength, flexibility & balance; increased energy; better posture; improved circulation and skin; improved breathing; stronger immune system; improved mood; improved attention, concentration & memory; improved overall sense of well being.

5+ Classes Weekly

All of the above, plus: greater endurance & energy; structural reintegration; profoundly enhanced mental clarity & emotional stability; profound inner awareness and sense of overall well being.

-Yoga Practice Makes Perfect... Sense!-
Through repetition the magic will be forced to rise – Alchemical Precept

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