



How Yoga Transforms Your Body

Hatha yoga — an ancient form that emphasizes physical postures — can improve cognitive function, boosting focus and memory.

Bikram yoga — a form of yoga performed in a heated room — has been found to be effective in increasing shoulder, back and hamstring flexibility.

A 2009 pilot study found that practicing yoga could increase bone density among older adults.

Healthy Weight

Lower Risk of Heart Disease

Improved Brain Function

Lower Stress Levels

Alter Gene Expression

Increased Flexibility

Lower Blood Pressure

Improved Lung Capacity

Improved Sexual Function

Yoga could boost arousal, desire, orgasm and general sexual satisfaction for women — and also help them become more familiar with their own bodies.

Anxiety Relief

Reduced Chronic Neck Pain

Some yoga programs have been found to reduce anxiety and heighten brain chemicals that combat depression and anxiety-related disorders.

Some yoga could be more effective in reducing pain and improving mood than standard medical treatment for chronic back problems.

Improved Sense of Balance

Lower Blood Sugar Levels in Diabetics

Relief from Chronic Back Pain

After years

After class

After a few months

Sources: Studies by University of Illinois, University of California at Los Angeles, University of Oslo, Colorado State University, University of Pennsylvania, Ball State University, Harvard University, Charité-University Medical Center, Boston University, West Virginia University, University College of Medical Sciences in New Delhi, Temple University, Dr. Loren Fishman, Alan Kristal of the Fred Hutchinson Cancer Research Center, Integral Health Clinic in India
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