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**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   
Lifestyle Medicine University Foundation in partnership with:



Learn more at [www.yogamonth.org](http://www.yogamonth.org).  
Invite friends at www.facebook.com/YogaMonth.