



REASONS TO BEGIN START PRACTICING YOGA

Well, there's hardly any excuse you should quit doing any form of yoga practice. If you don't have a serious health condition, you should do light [yoga](#), or asana in your home almost every day.

1. Getting in touch with your body

One of the best reasons to do yoga is to get in contact with your body. It's said when you're trying to do a specific yoga poses or called as asanas, you come to know about different points of your body. It could be a versatility you never knew you'd have or even a point of discomfort you never thought you had.

2. Getting a better sleep.

Sleep quality has been associated with obesity high blood pressure and depression and other disorders. A national survey shows that more than 55 percent of people integrating yoga in their daily routines can help promote better sleep. Yoga allows your body to get in good sleep and also helps in burning the required number of calories, which will help in inducing natural sleep.

3. Reduce chronic pain

Yoga can help people suffering from arthritis, migraine, low back pain, and many other chronic pain conditions. Yoga is a mind-body and fitness activity that incorporates breath control, meditation, muscle stretching, and strengthening. Because of that Yoga reduces various kinds of chronic pain, which are nowadays almost a part of daily our life.

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