



Top 10 Benefits of Hatha Yoga



The benefits of yoga can be substantial, but like any self improvement or exercise programs the benefits vary with the individual's commitment to that program including the quality and frequency of the practice.

To achieve the full benefits of yoga it is necessary to follow a well designed routine of asana, where each asana is performed technically correctly and with the right amount of effort and commitment.

While additional clinically controlled trials are required to scientifically substantiate the health claims attributed to yoga, many Indian yogic healers use asana and other Hatha yoga methods to effectively treat chronic illnesses and emotional disorders. Some of the benefits cited by yoga masters include:

1. **Improved aerobic fitness** - Yoga exercises increase the heart and breathing rates for the duration of the practice, usually 1 hour or more, making it an effective cardiovascular exercise for a healthy heart. In addition through breath control and various yoga exercises yoga helps to increase lung strength and capacity improving oxygen intake for improved mental capacity and reduced muscles and mind fatigue.

2. **Improved anaerobic fitness** - Many yoga poses are based on the principles resistance exercises. Other yoga exercises help to increase joint flexibility and range of motion. These factors makes them highly effective in building muscle strength, muscles mass and muscle tone which helps to make your body look more toned, fit and healthy. The longer periods of sustained work on the muscles helps to increase the body's stamina and endurance.

3. **Fat burning** - The body stores fat when more energy (calories) are taken in than are used by the body. Therefore fat loss is achieved through reduced calorie intake, increased calorie burn or a combination of both. Yoga is effective in both. It is effective in reducing appetite reducing the calorie in take. In addition, increased activity, stronger, bigger muscles and increased metabolism all help to increase calorie burn even when no longer practicing yoga. These effects help to reduce body fat and achieve weight loss to reach your ideal body weight.

4. **Back pain relief** - Despite popular thought, exercise is an essential part of back health and the treatment of back pain and sciatica. Yoga exercises that focus on back bends and back twists strengthen back muscles, increase back flexibility and realign vertebrae and disks in the back. The movement increases the flow of nutrient rich fluid circulation to the spine speeding the recovery of damaged soft tissues.





Top 10 Benefits of Hatha Yoga



5. **Improved posture** - Yoga helps to strengthen back, neck and shoulder muscles used to support the weight of the upper body and head. Yoga also helps the practitioner become more aware of their body and alignment. These 2 factors help to improve body posture, making you appear more confident and attractive.

6. **Improved metabolism** - The message and stimulation to the organs and glands help to regulate their function and secretions. One effect of this is improved digestive function, appetite suppression and increased metabolism all of which helps to regulate your weight to a natural level.

7. **Improved concentration** - The meditative effects of yoga help to bring mental calmness, mental focus and clarity. This helps to improve concentration for both your work and leisure activities.

8. **Improved emotional health** - The meditative effects of yoga bring a calmer mind, improved sleep, more pleasant thoughts and positive emotions.

9. **Improved immune system** - Through improved secretions from glands, increased red blood cell count and decreased white blood cell count, the immune system is improved helping to reduce the incidence and severity of illness.

10. **Treatment of chronic illness** - Some yoga masters profess the ability to develop specific yoga routines to treat chronic illnesses such as asthma, arthritis, diabetes, high blood pressure, depression and other mental illness and many more.

One of the most beneficial activities you can do!

