



Yoga may almost seem like a craze these days. You've read it, heard about it, watched videos on your feed, or may even be practicing it. But it's a craze that is overflowing with benefits.

Yoga (derived from the Sanskrit word "Yuji," meaning union) is an ancient practice that brings together mind and body. (Source - National Institutes of Health)

It incorporates breathing exercises, meditation, and poses, to encourage relaxation. Its benefits are fascinating. Studies have shown that practicing yoga -



Okay now some of you may find it hard to start but who said you've to be perfect? International Day of Yoga is here and with these 6 Yoga poses, you can lift both your body and mood.

Here's what Experts say -



Triangle Pose

This pose stimulates blood functioning through the body. It also creates space for emotional release, building resilience.



Bridge Pose

It improves blood circulation and alleviates stress. It also opens the heart chakra which allows us to love and forgive.



Warrior Pose

This pose brings body awareness, boosts confidence and inner strength. It even improves focus by energizing the body.



Happy Baby Pose

This is an instant mood booster as it helps us unleash our inner child. It melts away nervous energy and calms our minds.



Cobra Pose

Cobra pose helps relieve discomfort in the muscles of the neck and shoulders. It also infuses peace and thereby reduces stress.



Goddess Pose

This pose challenges our mental toughness and endurance. It also warms the body, boosting energy and focus.

Doesn't it seem lovely! 6 simple poses that can help us lift our mood instantly! Finding it difficult to get started with such healthy practices? Have something on mind? Our experts are here for you 24x7 -

CONNECT WITH AN EXPERT

If you have any further doubts, concerns, queries, or simply want to say hi, drop us a mail at campus@yourdost.com.

**Always with You,
Team YourDOST**
