



Figure 1 Photo of woman performing yoga. Sourced from <https://unsplash.com/@dominikwycislo>

Boost Your Mental Power With Yoga

You're busy taking care of everyone else – your kids, your partner, your work. You eat right and exercise when you can, but you stick to cardio. Unless you sweat through your clothes, you're not really getting any benefit, right?

Yoga is one exercise that is easy to overlook because it seems that all you're doing is increasing flexibility or toning muscles. Unlike pilates, which is designed to strengthen your core, yoga is a system for working your body in order to still your mind. This means you can benefit both [psychologically and physically](#) from yoga. The best news? You can experience the benefits from as little as one 45-minute class a week. Isn't that worth scheduling?

Release the Stress

Your schedule is full and sometimes the things you need to get done carry on day-after-day. It's easy to think that once everything on the list gets done, you can relax. The truth is the to-do lists never get cleared completely.

Yoga is one way you can free yourself from the weight of stress you're feeling. Exercise, including yoga, releases a neurotransmitter called gamma-aminobutyric acid (GABA). [GABA helps you relax](#) by inhibiting nerve transmission in the brain which in turn calms the nervous system.

Anxiety and Depression

It's hard to get pleasure from the world around us when we're burdened by anxiety and depression. Every day occurrences can raise our anxiety levels or leave us feeling drained. Whether it's something that's happened at work, or a bad day with the kids, you can feel calmer. It's a tactic that has been used by [Olympic teams](#) before competition.

Gain Clarity

Our fast-paced culture can make us feel scattered, at times. It's hard to feel like a whole person when you're busy thinking about so many different things. The system of yoga can help you unify your thoughts. Deriving from the [Sanskrit word yuj](#), which means unify, yoga is a system that can help you [gain clarity](#).

Boost Memory and Improve Concentration

Blood circulation to your brain can increase from practising certain [yoga poses](#). This improves both your memory and concentration. Whether you're a high school student or retired, this is one benefit that every person can gain from.

Anyone Can Do It

Yoga is suitable for all age groups and all ability levels. Suitably qualified instructors, such as those at Better Yoga, can provide guidance for people suffering from injuries or disabilities.

To practice yoga you don't need any special equipment. All that you require is comfortable clothes and a yoga mat. Neither which need to be an expensive purchase. Our online store offers options for every budget.

Are you interested in improving your life with yoga?
Purchase a 30-day class pass, including a money back trial, during the month of November
and receive a free yoga mat.