

Yoga for Geriatric (Elderly) People



Benefits

Yoga benefits geriatric individuals by enhancing muscle strength, flexibility, range of motion, and cardiopulmonary endurance. It contributes to improving lung capacity and respiratory function, promoting overall health. Yoga has a positive effect on cellular aging, mobility, balance, mental well-being, and helps prevent cognitive decline, making it a valuable practice for promoting holistic and resilient aging.

