

## Morarji Desai National Institute of Yoga

Ministry of Ayush, Government of India



68, Ashok Road, New Delhi - 110001 www.yogamdniy.nic.in

## Yoga for Stress Management



## Benefits

oga offers a holistic approach to stress reduction by lowering cortisol levels and improving sleep patterns. By regulating the fight-or-flight response, it effectively controls blood pressure and muscle tension. Yoga improves lung capacity, increases oxygen supply to induce relaxation and alleviates anxiety, thereby promoting overall mental and physical well-being.

