

Documented Health Benefits of Meditation and Yoga

- Lowers Oxygen consumption
- Lowers BP
- Decreases Pain Perception
- Decreases Inflammatory Disorders
- Decreases Depression, Risky Behaviors
- Decreases Need for Sleep
- Decreases Need for Medications
- Decreases Alcohol/Substance Abuse
- Decreases Risk of Heart Disease/Stroke
- Decreases Risk and Impact of Chronic Disease
- Reduces Anxiety



- Improves Concentration
- Improves Performance of Exercise
- Improves Immunity
Improves Flexibility
- Improves Management of Pain, ADHD, Asthma, Cholesterol, HIV,
- Improves Learning, Memory, Self-Awareness
- Improves Creativity
- Increases Serotonin Levels
- Increases Longevity
- Improves Spatial Memory, Working Memory, Sustained Attention
- Improves Academic Performance
- Increases Optimism and Positive Emotions