

Name \_\_\_\_\_

## Yoga's Magic Touch: How It Benefits Your Physical Health

### Short Answer Key

1. Yoga can improve bone density by incorporating weight-bearing poses that strengthen bones. This is essential for overall health because stronger bones are less prone to fractures.
2. One yoga pose that helps improve balance and coordination is the "Tree pose." It achieves this by requiring practitioners to stand on one leg, challenging their stability and enhancing their sense of balance.
3. A strong core is significant because it supports the spine, reduces the risk of lower back pain, and helps with overall stability. Yoga contributes to core strength through poses like "Boat pose" and "Plank pose."
4. Yoga can help in pain management by improving flexibility, strength, and relaxation. For example, "Child's pose" can alleviate back pain, and deep breathing techniques can reduce stress-related headaches.
5. Deep breathing in yoga triggers the relaxation response in the body, reducing the production of stress hormones like cortisol. This promotes a sense of calm and relaxation, helping to manage and reduce stress.

