

Gurukul



*Holistic Center
A Science Of Living Institution*

Benefits of Yoga for Spring Allergies

Yoga is a great science to help people prevent and cure allergies. Spring is a beautiful season but many especially in NJ dread this season due to the nasal allergies. Medication can give you temporary relief but Yoga works to get to the root of the problem and help prevent as well as cure it.

How does it work? Yoga has a cleansing and purifying effect on your nasal and respiratory passages, and lungs. The entire respiratory system is cleansed with Yogic Breathing techniques (Praanyaama) as well as Yogic Postures (Asanas). As the Respiratory system becomes stronger with consistent Yoga practice, resistance to allergens is improved. As the lung capacity is improved, there is better oxygenation of the blood reaching all cells improving the overall health. Also, the relaxation response that is created with Yoga helps strengthen the immune system. When there is continuous stress, the immune system becomes weaker and we are susceptible to viruses, bacteria. Yoga helps reduce the stress and thus helps make our overall health better, physically, mentally and spiritually.

So, Consistent Yoga practice can help the allergy-sufferers enjoy the beautiful spring season without the itchy eyes, runny noses, etc... Add 5 minutes of Yoga a day and see the difference for yourself!

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Billions Yet To Be Served...