

# KARATT YOGA

YOGA FOR  
BEGINNERS



More and more each day science points out the relationship between yoga practice and improvement in quality of life.

According to researchers, practices such as Yoga and meditation can help reduce the need for health treatments by almost 50%.



**SOURCES:**

- Institute for Technology Assessment (ITA)
- Benson-Henry Institute (BHI)
- Massachusetts General Hospital
- Harvard Medical School





Studies show that people who have been practicing yoga for at least eight years have a thicker prefrontal cortex than people who are not adept at the practice. This discovery proves that the practice helps slow down brain degeneration.

**Sources:**

Harvard Medical School

Frontiers in Aging Neuroscience

Albert Einstein Education and Research Israeli Institute



All yoga positions work with the rescuing and preserving the body's potential, with extending our functionality as an organism, as a human being and as a whole.

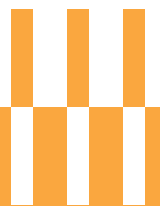


BY ACCOMPLISHING THE POSTURES AND MEDITATION, THE PRACTICE WORKS PHYSICAL AND EMOTIONAL ASPECTS, HELPS TO INCREASE CONTROL OVER THE BODY AND MIND, BUT NOT ONLY THAT, YOGA HAS THOUSANDS OF BENEFITS.



Yoga is a revolutionary tool. Much more than just a practice, it is a path towards self-knowledge and a natural way to reconnect the modern human being with what matters the most:

*a healthy life!*



Our bodies are incredibly powerful and dynamic machines, and the practice of Yoga is the perfect fuel to raise that power to the maximum.

The time devoted to yoga practice needs to evolve little by little. Maintaining a routine is not an easy thing. However, when we talk about health, this consistency only has to be advantageous.



The Kaiut Yoga Method classes are not about doing the perfect position, but rather is about finding the perfect position for each body, respecting each one's uniqueness.



CONTENT

# LINKS

## What Science says about Yoga

<https://www.facebook.com/franciscoyogakaiut/photos/pcb.1103947223773518/1103946190440288>

## Yoga works on health as a whole!

<https://www.facebook.com/franciscoyogakaiut/videos/617509136216518>

## 7 Benefits of practicing yoga

<https://www.facebook.com/franciscoyogakaiut/photos/pcb.1101451457356428/1101447524023488/>

## How does the Kaiut Method transform people's lives?

<https://www.facebook.com/franciscoyogakaiut/photos/pcb.1091410551693852/1091405375027703/>



## Did you know?

[https://www.instagram.com/p/CZu1u2uprCv/?utm\\_medium=copy\\_link](https://www.instagram.com/p/CZu1u2uprCv/?utm_medium=copy_link)

## Benefits of Yoga - Short and Long term

[https://www.instagram.com/p/CZkeEw-GOM8s/?utm\\_medium=copy\\_link](https://www.instagram.com/p/CZkeEw-GOM8s/?utm_medium=copy_link)

## Is headstand sustainable for 10,20 or 30 years?

[https://www.instagram.com/p/CZQPL2at-zOc/?utm\\_medium=copy\\_link](https://www.instagram.com/p/CZQPL2at-zOc/?utm_medium=copy_link)

## How to choose a yoga teacher for you

[https://www.instagram.com/p/CaDHZC-jF6qi/?utm\\_medium=copy\\_link](https://www.instagram.com/p/CaDHZC-jF6qi/?utm_medium=copy_link)