

# A Regular Yoga Practice May

## Increase

ATPase, Cardiovascular efficiency, Cholinesterase, EEG - alpha waves, Endurance, Energy Level, Galvanic Skin Response (GSR), Grip Strength, Immunity, HDL cholesterol, Musculoskeletal flexibility, Muscle resiliency and strength, Range of motion, Hemoglobin, Hematocrit, Lymphocyte count, Mood, Respiratory efficiency, Serum protein, Somatic & kinesthetic awareness, Self-acceptance, Self-actualization, Thyroxin, Vitamin C & Subjective Well-being.

## Decrease

Anxiety, Blood Pressure, Catecholamines, Cholesterol, Depression, EMG activity, Glucose, Hostility, Pain, Pulse rate, LDL cholesterol, Respiratory rate, Sodium, Triglycerides, VLDL cholesterol & White blood cell count.

## Improve

Attention, Balance, Choice reaction time, Cognitive function, Concentration, Depth perception, Dexterity, Fine motor skills, Endocrine function, Excretory function, Eye-hand coordination, Flicker fusion frequency, Gastrointestinal function, Integrated functioning of body parts, Learning efficiency, Memory, Posture, Psychomotor functions, Sleep, Steadiness, Symbol coding & Weight stabilization.