

# How does Pranayam help in relaxing

Pranayam has been in practice for a really long time now. But the advantages that it has in the human body and mind has made it gain international importance. There is not just one advantage but a multidimensional effect that it has. Here's a list of all the pros that Pranayam has

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## **Increases blood circulation**

- Yes, it's a lesser-known fact that systematic breathing regulates the oxygen flow in the body that balances the blood flow in the body.



# Reduces mental stress

- In a race against time people often get trapped in the midst of deadlines and hectic working hours. So there are places in Australia that have included Pranayam as an important meditation process for a silent retreat in the sunshine coast to ease the mental tension.



## **Keeps diseases away**

- A daily habit of pranayam and other yogas have proven to help protect the body from any kind of diseases for a longer time.



## **Increases patience**

- When a person stays focused on breathing, mentally they become calmer and that in turn helps the individual to have more patience in handling any kind of odd situation.

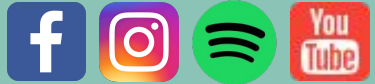


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