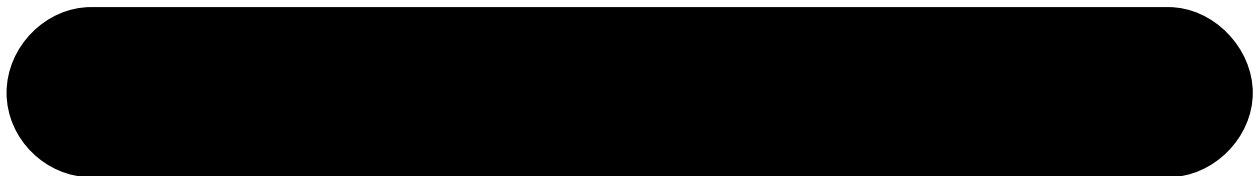
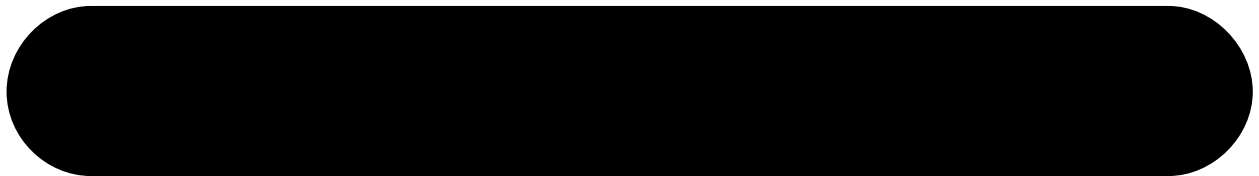


[7 Reasons Why Men Should Practice Yoga](#)

Yoga, an exercise that teaches you how to stretch and breathe, can improve your life by reducing stress and preventing injury. Most yoga classes may be filled by women, but, contrary to what you might think, it's not just a sport for women. The real results of regular yoga practice are quite practical and you don't need any special equipment except a small space and a mat. If you're still not convinced that yoga can be an ideal exercise for men stay with [Nilofare Abi](#) and read these 7 reasons why men should practice yoga.

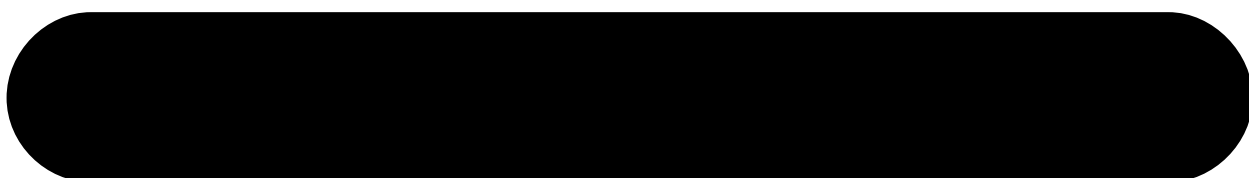
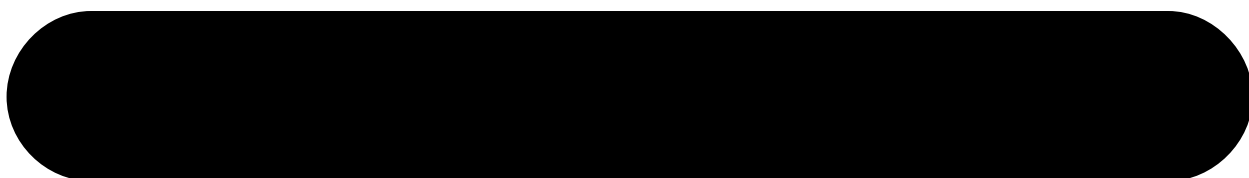
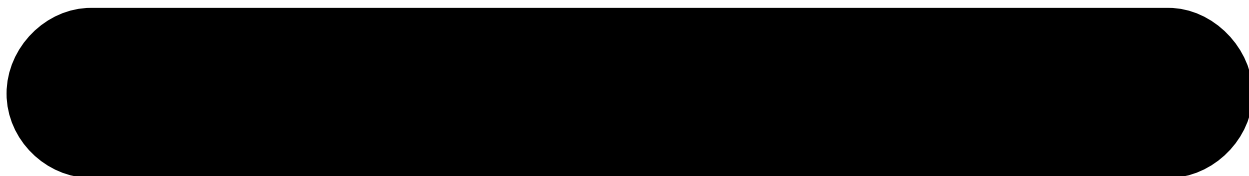
1- Yoga removes stress



We all find ways to deal with stress. One of these ways is doing yoga. Yoga uses a number of relaxation techniques that, with regular practice, can make you more relaxed overall. Along with

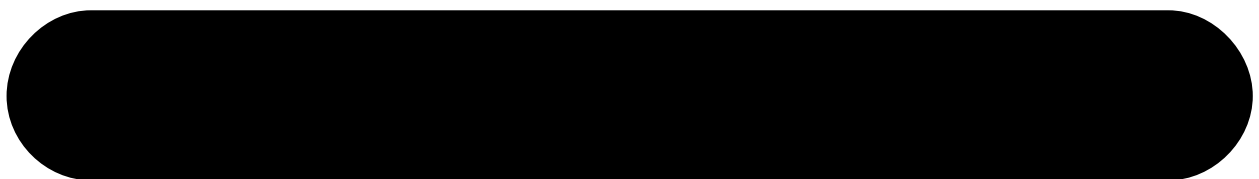
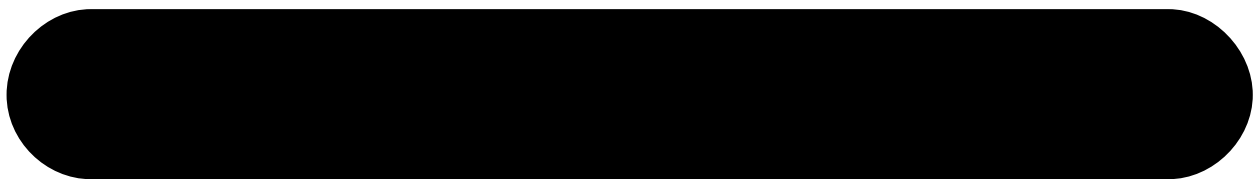
training your body, yoga trains your mind to see more important truths and act from strength instead of fear.

2- Be flexible!



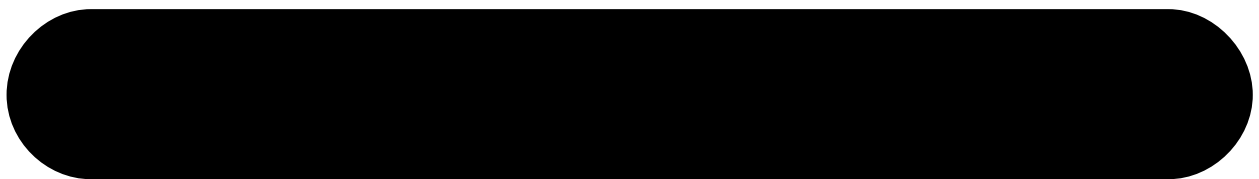
Another reason why men should practice yoga is to increase their body flexibility. Most yoga asanas (body movements) include one or more spinal rotations to loosen the joints that make up your spine. This can improve your tennis game and even your golf swing, as well as help with better detoxification and good digestion.

3- Yoga shapes muscles



Yoga uses your own body weight to build volume and strength. don't you believe Think about how many heavy weights and how many training sessions you need to build muscle? Yoga allows you to get the same muscle-building benefits as long swims, squats, and leg lifts. Doing yoga also helps to build muscle and you will get stronger with each session.

4- Prevent training injuries



One of the benefits of yoga for men is the prevention of injuries that occur during exercise. Most yoga classes begin with a reminder to respect the body's specific needs and limitations on that particular day. This basic ability to scan and assess itself during exercise helps reduce injuries when running or doing other sports. In addition, those who practice yoga recover faster after exercise or stress due to the flexibility and good stretching of the body.

5- Calm your mind

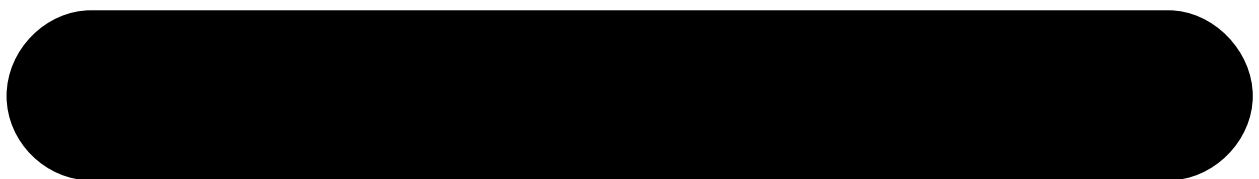
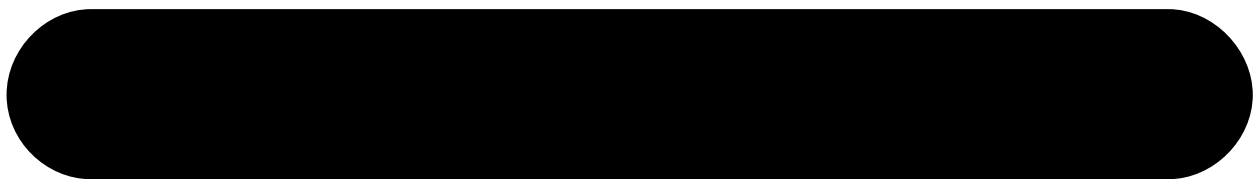
Amidst the busy schedules of everyday life, committing to the quiet atmosphere of a yoga class may be the only way for some people to relax and breathe properly. Breathing exercises have been developed over thousands of years to calm and tame the endless stream of thoughts, explains Radiance Yoga founder Scott Rodwin. This, she says, leads to greater focus during each yoga pose and, in most cases, creates a sense of relaxation that lasts the rest of the day.

6- You smell better!



This is really serious! Michael Hewitt, the founder of Sarva Yoga Academy, says that yoga helps a lot with the elimination of waste products. "On the face of it, regular yoga practice is more effective than cologne," she says. Exhaling and sweating help flush out toxins in yoga class, so your sweat will actually smell better afterward. "After class, [your body] is cleaner, more confident, and more focused than when you walked into it," says Hewitt.

7- Set goals



Most yoga teachers will ask you to set motivation and goal for that particular session or some other part of your life. This can even be as simple as saying something in your head like, "I'm going to take the next hour easy on me." This point can have many effects. We all know how to get what we want, but many of us have trouble knowing what we want. Yoga can help make this question more real, tangible, and accessible in everyday life.

Yoga is not for a specific gender!

In this article, we told 7 reasons why men should practice yoga. In general, sports yoga is full of many benefits and is not really for women or only men. All people can benefit from the many benefits of this sport. It is enough to know which type of yoga is right for you and which class you should enroll in.