

## **BENEFITS OF INVERSIONS**

1. Tonify the vital organs.
2. Stimulate the endocrine glands which promotes balanced and efficient functioning of the entire physiology.
3. Promote metabolism and regulate weight.
4. Build strength and elasticity in the superficial and deep musculature, ligaments and connective tissues of the spine, shoulders, and rib cage.
5. Relieve compression on the spinal column.
6. Improve circulation and relieve strain in the legs and feet.
7. Reverse the effects of the gravitational pull on the organs.
8. Strengthen the cardiovascular system.
9. Reduce intestinal sluggishness, improving digestion and elimination.
10. Improve concentration, memory and thinking processes.
11. Clear the mind, creating positivity.
12. Improve sleep by quieting and soothing the nerves.
13. Improve the capacity to concentrate and meditate.