Doing yoga has physical benefits.For example,yoga improves blood circulation.Yoga provides pumping much more blood into the brain and lungs.Thanks to blood these organs become active ,and they are purified.When you do yoga,the effect of gravity is inverted ,so heart pumps blood to the brain more easily ,and heart relaxes.In addition,yoga makes you strong and flexible.Thanks to yoga,joints acquire flexibility ,and they are connected correctly the bones.Long and fat-free muscles develop ,and muscles make their tasks in the best way by working properly.