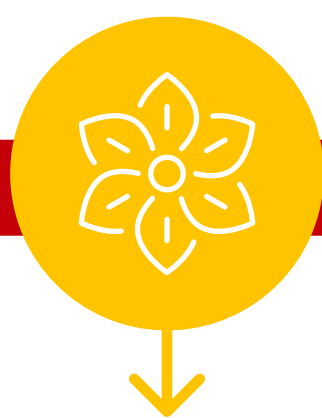


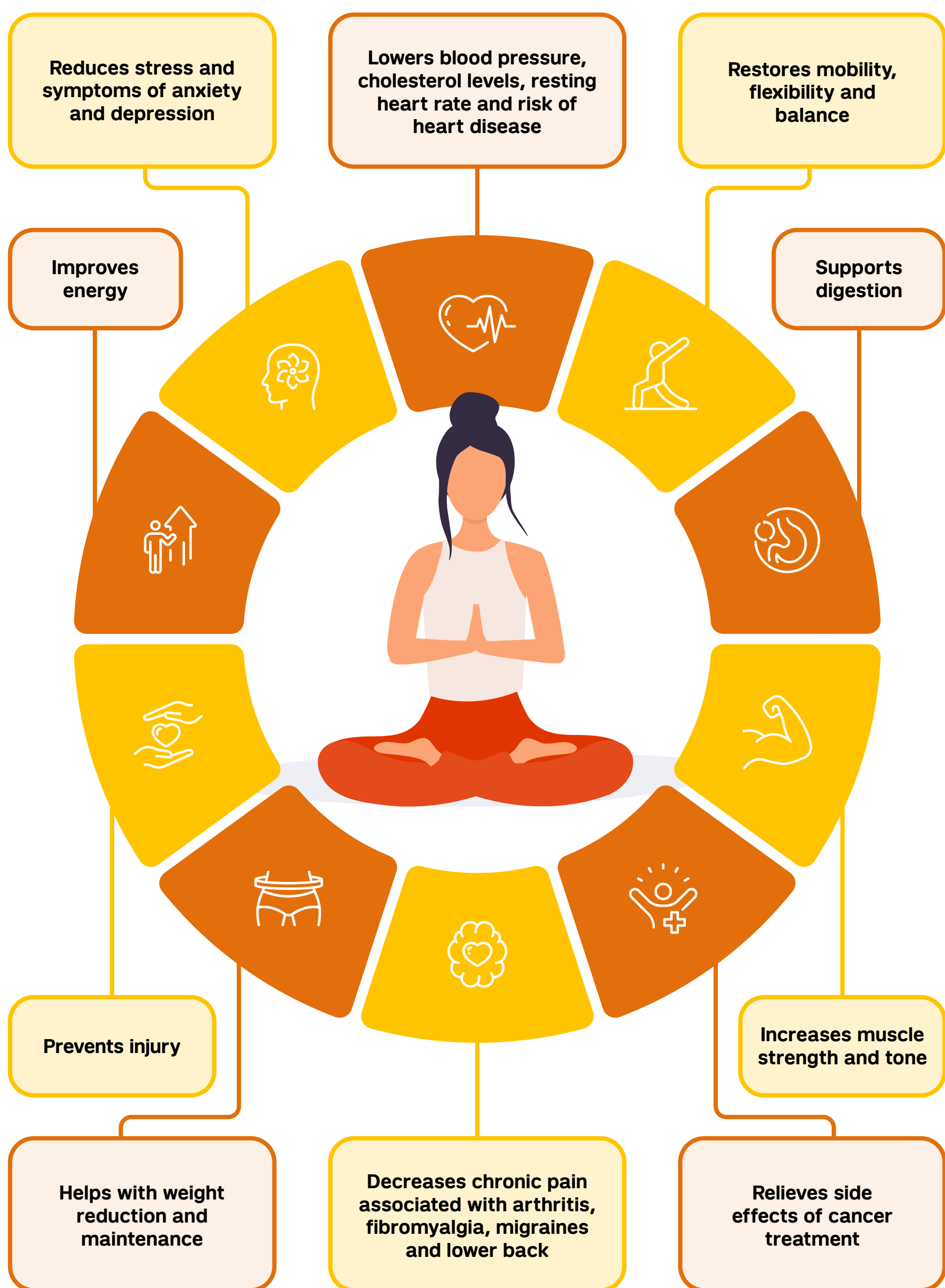


Weill Cornell Medicine

10 Benefits of Yoga



Discover how yoga, a safe and effective integrative therapy, can offer transformative benefits for overall well-being, especially for people managing chronic conditions.



Looking for an evidence-based, holistic approach to your care? Visit weillcornell.org/doctors to find a doctor at Weill Cornell Medicine today.



Weill Cornell Medicine