Physiological

- Reduced sympathetic dominance
- Increased parasympathetic
- Reduce blood pressure
- Reduce resting heart rate
- Reduce cholesterol
- Increased strength
- Decreased body weight
- Increased core stability
- Improved balance
- Improve lung function
- Reduce muscle tension
- Reduction in Chronic pain

Cognitive Benefits

- Improved concentration
- Sharper focus
- Increased mental clarity
- Increased ability to be present

Psychological Benefits

- Improved sleep
- Reduced anxiety & negative affect
- Reduced depression
- Increased feelings of well being
- Improved coping skills

Tiffany Fields 2014