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**Personal
Yoga Class**

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Yoga

Your work efficiency will improve if you Practise yoga 'योग: कर्मसु कौशलम्'. Yoga provides energy for your body and mind. Yoga removes insomnia, stress, fatigue, restlessness, and mental and physical stress.



Yoga Types Name



Power Yoga



Ashtanga Yoga



Iyengar Yoga



Hatha Yoga

Yoga



Pranayama



Meditation

pregnancy yoga

Yoga should be done during pregnancy, because-

- Labor-pain can be reduced.
- It has a positive effect on the health of the baby.
- Back pain can be relieved.
- Risk during delivery can be reduced.



Note- Do yoga exercises during pregnancy under the supervision of a yoga teacher.

BENEFIT OF YOGA

- Improves flexibility of muscles.
- Corrects posture and alignment of the body.
- Provides better digestion system.
- Strengthens internal organs.
- Treats Asthma.
- Treats diabetes.
- Helps in treating heart related problems.
- Brightens the skin.
- Promotes strength and stamina.
- Improves concentration.
- Controls the mind and thoughts.
- Enables the mind to overcome anxiety, stress and depression.
- Helps in reducing stress.
- Helps in blood circulation and muscle relaxation.
- Maintains weight control.
- Provides protection from injury.

PROFESSIONAL TEACHER



All of my teachers are highly educated, well-experienced and have sound theoretical and practical knowledge.

contact us



Phone:
[8929545430](tel:8929545430)



website
fitindiaclub.com



Gmail
info@fitindiaclub.com



Address:
F.I.C ENTERPRISES PVT. LTD
Shop No. 4, G-Floor, Plot No. 2, Kasra No. 133, Neb Sarai,
South Delhi 110068