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Yoga for Mind & Body

Yoga, yoga is a name of set of exercises which contains many of exercises. These exercises are called asanas. These asanas are of different types and different - benefits. Like: Marjaryasana (Cat/Cow Pose) This helps us to fight back pain warrior pose for neck pain or some other poses or asanas for other problems, to fight with health issues before they come to us.

I like yoga because it makes me feel relaxed and calm. I love yoga.

- Thankyou