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LET YOGA MAKE A POSITIVE IMPACT ON YOUR HEALTH DURING LOCKDOWN

We are all in need of our mental health to help us cope during these challenging times. So let us reach new heights and enjoy the benefits of Yoga to help restore our wellbeing.

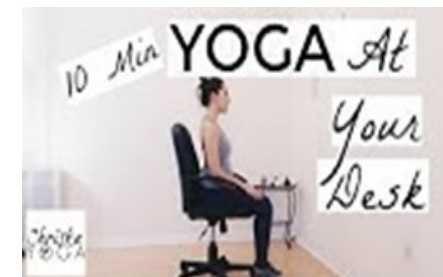
It does not matter if you cannot touch your toes, whether you are young, old, fat, thin or unfit, yoga has the potential to help enhance your health, increase strength and flexibility and reduce symptoms of stress, depression and anxiety and more importantly it has the power to calm your mind.

As a beginner, use this tool which will provide you with a total workout with emphasis on your breathing, flexibility and mind body awareness. Yoga can be practiced outdoors or indoors. All you require is an open safe space and a yoga mat.

START YOUR YOGA JOURNEY TODAY



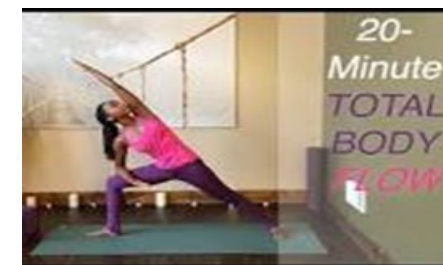
<https://www.youtube.com/watch?v=VaoVlPrYf4&t=46s>



https://www.youtube.com/watch?v=w3C08dhJ_SM



<https://www.youtube.com/watch?v=I0Ebi54jjUA&t=57s>



<https://www.youtube.com/watch?v=ZUznoOHvbg>



<https://www.youtube.com/watch?v=I2xNZuemszU>



https://www.youtube.com/watch?v=hJbRpHZr_d0

YOGA SAFETY TIPS

- Please consult your health care provider before engaging in Yoga.
- Practice in a safe, well lit area.
- Wear comfortable clothing.
- Take breaks and refrain from postures that are not suitable for you.
- Listen to your body.