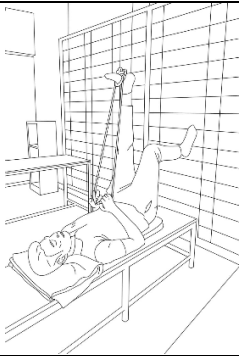
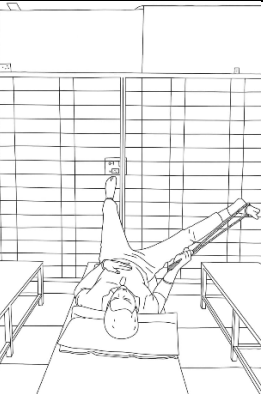





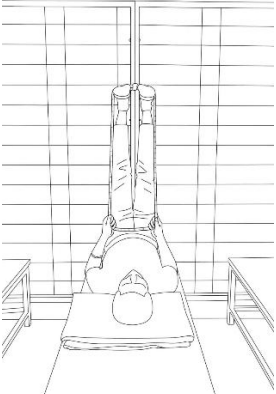


YOGA PLUS – Sunjeevan Yoga Therapy

General Exercises

For Knee pain/ Heel pain or Leg stiffness

	<p>Padangushthasana 1 Time Duration: 100 counts each leg</p>
	<p>Padangushthasana 2 Time Duration: 100 counts each leg</p>
	<p>Padangushthasana 3 Time Duration: 100 counts each leg</p>

YOGA PLUS – Sunjeevan Yoga Therapy

	<p>Vertical Leg Stretch Time Duration: 10 min</p>
	<p>Pachimotanasana Time Duration: 1 min X 3 sets</p>
	<p>Heel Stretch near wall Time Duration: 200 counts X 3 sets each leg</p>

- If you face any problem while performing these exercises, please feel free to contact us. These are basic exercises, if you still face same symptoms, please contact us. *