













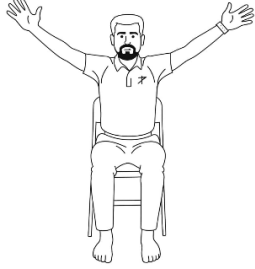
YOGA PLUS – Sunjeevan Yoga Therapy

General Exercises

For Neck pain or stiffness

		<p>Neck Movement (Lateral Stretch) Repetition: 10 times each side</p>
		<p>Neck Movement (forward and backward bending) Repetition: 10 times each side</p>
		<p>Neck Movement (No Movement) Repetition: 10 times each side</p>

YOGA PLUS – Sunjeevan Yoga Therapy

 	<p>Neck Rotation Repetition: 5 times each side</p>
	<p>Rope Jacket 1 Time Duration: 1 min X 3 sets</p>
 	<p>Rope Jacket 3 Time Duration: Time Duration: 1 min X 3 sets</p>
 	<p>Rope Movement Repetition: 5 times</p>

YOGA PLUS

Sunjeevan Yoga therapy

1103, Gera's Imperium Rise, Phase II, Wipro Circle, Hinjewadi, Pune 411057


Phone No. 8669754222

Email: contact.yogaplus@gmail.com

Website: www.yogaplustherapy.com



YOGA PLUS – Sunjeevan Yoga Therapy

		<p>Twisting in Chair Time Duration: 1 min each side</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. *