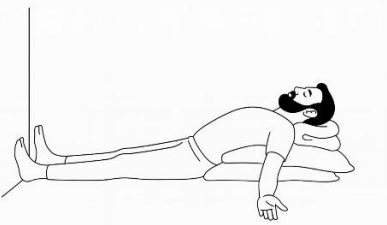
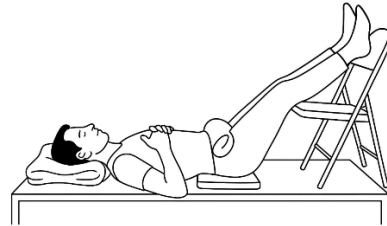



YOGA PLUS – Sunjeevan Yoga Therapy

General Exercises

For Stress/ Anxiety/ Digestion problem

	<p>Suptavirasana post lunch and dinner Time Duration: 10 min</p>
	<p>Viparitkarni Time Duration: 10 min</p>
	<p>Pranayama Anilom Vilom Repetition: 10 times from each nostril</p>
<p>Listen to any Yoga Nidra Audio as per your choice</p>	<p>Time Duration: 20 min</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. *