



# YOGA PLUS – Sunjeevan Yoga Therapy

## General Exercises

For Stress/ Anxiety/ Digestion problem

A line drawing of a person lying on their back with their legs straight and feet flat against a wall. Their hands are resting on their hips. The text "Suptavirasana post lunch and dinner" and "Time Duration: 10 min" are to the right.	Suptavirasana post lunch and dinner Time Duration: 10 min
A line drawing of a person lying on their back with their legs raised and bent at the knees, resting on a chair. The text "Viparitkarni" and "Time Duration: 10 min" are to the right.	Viparitkarni Time Duration: 10 min
A line drawing of a person sitting in a meditative cross-legged pose, performing Pranayama. The text "Pranayama Anilom Vilom" and "Repetition: 10 times from each nostril" are to the right.	Pranayama Anilom Vilom Repetition: 10 times from each nostril
Listen to any Yoga Nidra Audio as per your choice	Time Duration: 20 min

- 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. \*