

9:27



9:27



username

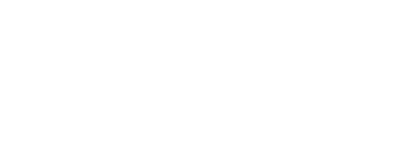
Password

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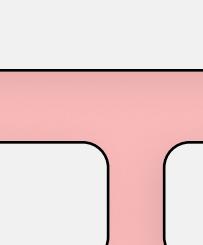
Or



"Yoga is the art work of awareness on the canvas of body, mind, and soul."



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First Name

Last Name

13+

Height

inches



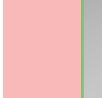
Weight

Kgs



Get Started

9:27

Welcome **Nitesh**

**Let's know
the Basics**



Recommended for you.



18:00

Basic body stretching
masterclass

9:30

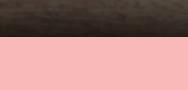
Get started with
meditation

Home



**Meditation
& Relaxation**

9:27



05:23

18:00

Basic body stretching Masterclass

Time Duration : 18:00 minutes

Stretching is a form of physical exercise in which a specific muscle or tendon (or muscle group) is deliberately flexed or stretched in order to improve the muscle's felt elasticity and achieve comfortable muscle tone.

Index

Introduction

Basic Stretches

How to perform

Seated body stretches

Standing body stretches

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Nitesh Bisht

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