

IN THIS YOG COURSE, YOU WILL LEARN:

- Yog in a simpler way
- 8 limbs of Yog
- Various asanas and their uses
- Sun and moon salutations
- Divine Om meditation
- Relaxing breathing meditation
- Heavenly Yog Nidra
- What to eat, wear, and do to become a Yogi

ALONG WITH THESE, YOU WILL GET TO KNOW HOW TO:

- Make Yog a part of daily life
- Use Yog in student's life
- Improve personality with Yog
- Start and end the day
- Balance work and life
- Attain perfection in life
- Increase strength and stamina
- Overcome disease and depression
- Use Yog to improve female health
- Attain peace and relaxation
- Relieve stress and anxiety
- Enjoy Yog and combine dance with Yog
- Increase concentration, focus, happiness, and bliss

Recorded videos are valid for lifetime. This course is from basic to intermediate level. The ultimate playground will be the LIVE sessions.

Stay Excited!

