STUDY GUIDES

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This summer, burn off calories, sculpt your body and sweat away the flab around your waist with a hip way of fitness—Yoga. You need not leave the confines of your home or even your workspace, or switch on the TV, to do your daily asanas. Just visit this website at your convenience to access free video-clip enhanced lessons on doing yoga, covering how to stretch, how to relax, how to breathe, workout and more. It is just the stuff the doctor ordered to rejuvenate your academics-weary soul. And it is meant for beginners.

So, what are you waiting for, meditate away your blue!



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