

**Assignment Title :** Email Newsletter

**Brand name :** The body flow

**Category :** Yoga

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**Target Brand Audience :** Customers who looking good health

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Poster:



# THE BODY FLOW

## STRENGTH & TRAINING

Yoga's focus on strength training and flexibility is an incredible benefit to your body.

## FLEXIBILITY BENEFITS

Another one of the benefits of yoga is that stretching and holding poses also causes muscles to lengthen, which gives the body a longer, leaner look.

## POWER YOGA

Breathing, posing, moving and increasing flexibility happen together at one time, which unearths a new level of discipline in your mind and body.

Go to link

www.thebodyflow.com