

BLOG 1:

YOGA VS PILATES: FIND OUT THE DIFFERENCES AND SIMILARITIES

Most people confuse yoga and pilates. We do agree that there are similarities between the two, but there are differences as well. So before you go out and select a yoga or pilates class for yourself, find out the differences and similarities

BLOG 2:

LOOKING FOR 'BEGINNER YOGA NEAR ME'? READ THIS FIRST

If you live on planet Earth, you must have heard about yoga and all of its benefits. Someone even might have convinced you to try it out. But yoga is so much more than just an exercise that you try out. Before you set out to find a yoga instructor

BLOG 3:

HOW TO ACHIEVE WEIGHT LOSS WITH YOGA FOR BEGINNERS

Every day we wake up, go to work, come home and go to sleep. Every day it's the same routine, with a few variations. Even though we intend to do it differently, we end up doing more of the same. Yoga is something that you can incorporate in your busy and hectic schedule with ease and lose weight. You don't have to be an expert to do it. Beginners can do it

BLOG 4:

BENEFITS OF YOGA: INWARD AND OUTWARD FITNESS

Yoga has been around for more than 2000 years and doesn't show any signs of going away. The more people know about it, the more they are convinced that it is exactly what they were looking for. Especially in today's hectic and busy world, Yoga provides people with the perfect retreat to recharge their bodies, minds, and souls and take a respite from the chaotic ...