CLASS: X - D DATE: 19.07.18

YOGA - TO MANAGE THE STRESS RESPONSE OF THE BODY





Performing Various Asanas





Bending and Flexing the Muscles





Yogasanas for Multiple Health Benefits

CLASS: X - D DATE: 19.07.18

HEALTH AND FITNESS – YOGA





Practising Dhanurasana





Teaching Sarvaang Asana





Practising Sarvaang Asana

'Shavasanna'