YOGA Para tu cuerpo Para tu mente



Ayuda a mejorar los problemas de sueño.

Baja el nivel de estrés



Aumenta la capacidad

pulmonar.

Sentirás más energía.

Disminuye el riesgo de un ataque al corazón.

Mejora el funcionamiento del sistema digestivo.

Conseguirás estabilidad emocional.



Incrementa la memoria y la concentración.

Mejora la circulación sanguínea.

> Aumenta los niveles de colesterol bueno.

Alivia la depresión y la ansiedad. Yoga significa: Unión, armonía y equilibrio.

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