

YOGA | Para tu cuerpo Para tu mente



Ayuda a mejorar los problemas de sueño.

Baja el nivel de estrés



Contribuye a un pensamiento positivo.



Aumenta la capacidad pulmonar.

Disminuye el riesgo de un ataque al corazón.



Sentirás más energía.



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.

Tecnicas Del Yoga

Boreas M.L. Saage



Tecnicas Del Yoga:

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