

In this one hr. special Yog(a) session you will learn:

Part-1: Liver, Gall Bladder, Small intestine, Large intestine and Stomach.

1. Two types of diet. (Information)
2. Secret method of taking diet. (Live practical)
3. Perfect way to digest. (Practical with Aasan)
4. Sound sleep method. (Information)

Part-2: Heart.

1. Special warm-up after meal. (Practical)
2. Special stretching after meal. (Practical)

Part-3: Lungs

1. Sitting position. (Practical)
2. Unique pranayam Technique. (Practical)

Part-4: Brain & Nervous System.

1. Special pranayam. (Practical)
2. Meditation. (Practical)

This unique package of Yog(a) keeps you always physically young and mentally energetic only if you do it everyday.