Heavy Water Plant (Baroda)
"International Yoga Day"
21st June
भारी पानी संयंत्र, बड़ौदा
अंतर्राष्ट्रीय योग दिवस
21 जून, 2018
मुख्य वार्ता कार : डॉ. रितेश पटेल, निदेशक, लाइफ स्टाइल वेस्टर्न सर्विसेज
प्राइवेट लिं., नड़ोदरा
Cyclic Meditation Practices

Benefits at all levels

Ustrasana (Camel Posture)

Benefits:
1. Increases flexibility and mobility in the spine.
2. Improves posture and alignment.
3. Reduces stress and anxiety.

Deep Relaxation Technique (DRT)

Shashanksana (Moon Posture)

Benefits:
1. Promotes relaxation and stress reduction.
2. Enhances mental clarity.
3. Improves circulation.

Vajrasana (Sitting on knees)

Benefits:
1. Strengthens the legs and core.
2. Improves balance and stability.
3. Promotes relaxation.

Centering

Duration:

1. Ustrasana - 5 minutes
2. Shashanksana - 4 minutes
3. Vajrasana - 3 minutes

Total Duration: 12 minutes