

Day-4	Youtube link/ Document link	Topic	Description
Part-I	<a href="https://youtu.be/JcxOH_DmOQY">https://youtu.be/JcxOH_DmOQY</a>	Un Scientific Food Combinations	<p>During this period of crisis, we need to know the danger of wrong combination of foods. Why non vegetarian not good, or how it can be taken, what to be taken, Why vegetarians also get diseases like diabetes the reasons connecting to very simple things that everyone can practice.</p> <p>The detailed explanations in the video will help you understand from scratch of the problem.</p>
Part-II	<a href="https://www.youtube.com/watch?v=wvAKx5HzeMq&amp;list=PLpnQrZBJqekEla9L3tGHfsxzXt_W3B7IY&amp;index=3">https://www.youtube.com/watch?v=wvAKx5HzeMq&amp;list=PLpnQrZBJqekEla9L3tGHfsxzXt_W3B7IY&amp;index=3</a>  <a href="https://www.youtube.com/watch?v=RqrNoy8khck&amp;list=PLpnQrZBJqekEla9L3tGHfsxzXt_W3B7IY&amp;index=4">https://www.youtube.com/watch?v=RqrNoy8khck&amp;list=PLpnQrZBJqekEla9L3tGHfsxzXt_W3B7IY&amp;index=4</a>	Tibetan Box Breathing – Series-2	<p>People who are obese, advised not to practice any internal respiratory pranayamas like Bastrika and Kapalabathi. This will result in increase in blood pressure as it create more thoracic pressure on Cardio and respiratory system. For those people, low intensity Tibetan box breathing is best which increase lungs capacity enormously. After practicing the low intensity for three months then aim to practice medium and high intensity. For sure, everyone feels light, if one can practice in a relaxed way. The additional benefit of Tibetan box breathing is, it increase the bone density and healthiness of joints.</p> <p>It's important to fly not to jump. This is medium and High Intensity Yoga practice. Your VO2 Max will touch your maximum heart rate (MHR) that can achieve. Not for those weak hearted, it's for string hearted, those who boast cardio or aerobic fit, throw this challenge, all those runners, check your Metabolic Capacity, with this Tibetan series.</p>