

Day-10	You Tube link	Topic	Description
	<a href="https://youtu.be/6On5lyL8rlo">https://youtu.be/6On5lyL8rlo</a>	Practice session- (Medium resistance)	This practice session covers medium resistance type of yoga. This series of practice, the pace, sequence etc., are good to boost lungs capacity. Increases anabolic capacity of storing oxygen. Please practice you will enjoy.