

Day-12	You Tube link	Topic	Description
	https://youtu.be/x7EpiQneAE4	Practice session (Low intensity, medium resistance and medium intensity)	<p>This practice session covers Low intensity, medium resistance and medium intensity yoga vinyasa sun salutations. This practice tests your endurance and strength. If you are through in the tests means you are healthy and immunity is good.</p> <p>It ensures good aerobic and anaerobic capacity. You must practice for a period of couple of days. If you have any muscle soreness next day, which means your muscle recovery rate is poor. That is an indication of Amino acid, Branched chain Amino Acids and Creatine monohydrate deficiency. Please understand the link between your kind of exercise and nutrient demand to build good lean muscle for immunity.</p> <p>All 650 muscles, 720 moving parts involved .No gym, no other exercise can give this kind of fitness .That is the legacy of yoga.</p>