



# International Yoga Day – 2020 अंतर्राष्ट्रीय योग दिवस



## Yoga – For Developing Robust Immunity against Covid-19

### Series-1



The above series also works for Backache

Yoga the traditional wisdom with Science based approach



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## Yoga – For Developing Robust Immunity against Covid-19

### Series-2



The above series also works for Asthma & Heart problems

Yoga the traditional wisdom with Science based approach



# International Yoga Day – 2020 अंतर्राष्ट्रीय योग दिवस



## Yoga – For Developing Robust Immunity against Covid-19

### Series-3



The above series also works for Knee problems

Yoga the traditional wisdom with Science based approach

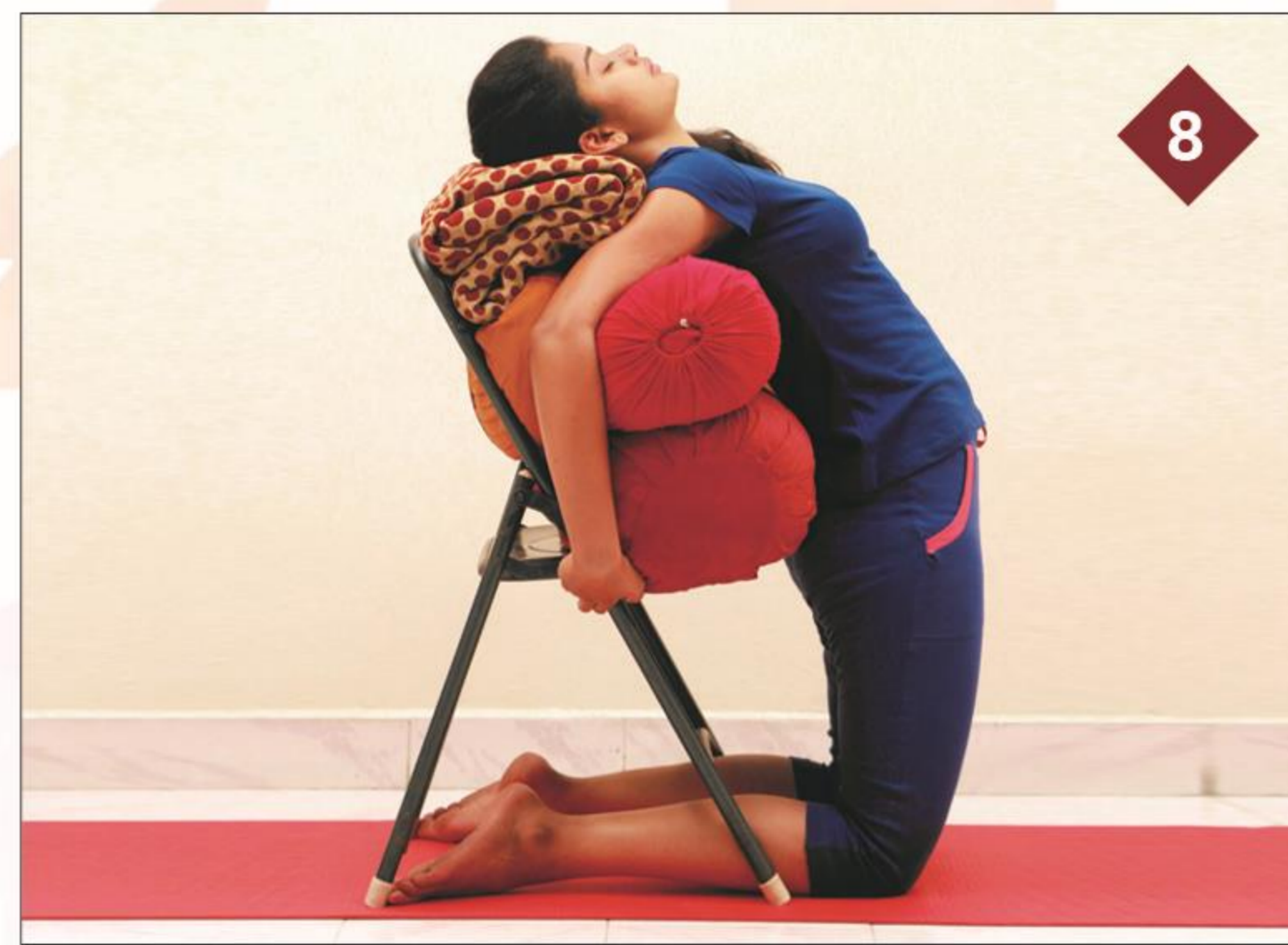
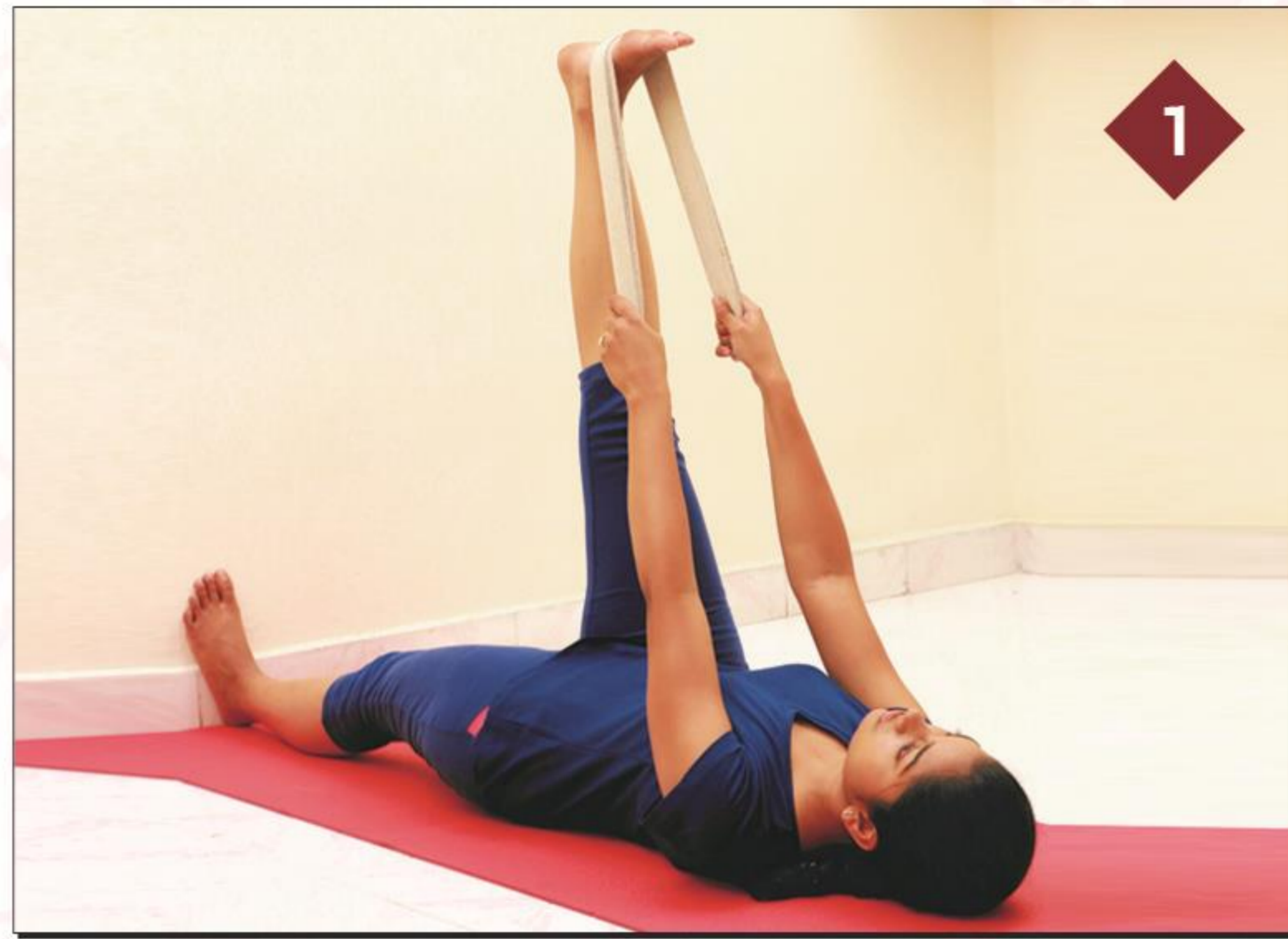


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## Yoga – For Developing Robust Immunity against Covid-19

### Series-4



The above series also works for Sciatica

Yoga the traditional wisdom with Science based approach



# International Yoga Day – 2020 अंतर्राष्ट्रीय योग दिवस



## Yoga – For Developing Robust Immunity against Covid-19

### Series-5



The above series also works for Headache, Migraine & Thyroid

Yoga the traditional wisdom with Science based approach





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## Yoga – For Developing Robust Immunity against Covid-19

### Series-7



The above series also works for Constipation, Microbiome, Celiac, IBS & Crohn's diseases

Yoga the traditional wisdom with Science based approach



# International Yoga Day – 2020 अंतर्राष्ट्रीय योग दिवस



## Yoga – For Developing Robust Immunity against Covid-19

### Series-8



The above series also works for Shoulder & Neck problems

Yoga the traditional wisdom with Science based approach



# International Yoga Day – 2020 अंतर्राष्ट्रीय योग दिवस



## Yoga – For Developing Robust Immunity against Covid-19

### Series-9



The above series also works for Diabetes & Mental fatigue

Yoga the traditional wisdom with Science based approach



# International Yoga Day – 2020 अंतर्राष्ट्रीय योग दिवस



## Yoga – For Developing Robust Immunity against Covid-19

### Series-10



The above series also works for Insomnia, Stress, Anxiety & Depression

Yoga the traditional wisdom with Science based approach



# International Yoga Day – 2020 अंतर्राष्ट्रीय योग दिवस



## Yoga – For Developing Robust Immunity against Covid-19

### Series-11



The above series also works for Prolapsed Uterus & Menopause(M)

Yoga the traditional wisdom with Science based approach



# International Yoga Day – 2020 अंतर्राष्ट्रीय योग दिवस



## Yoga – For Developing Robust Immunity against Covid-19

### Series-12



The above series also works for Menstruation & Stiff hips(S)

Yoga the traditional wisdom with Science based approach