

## **IMPORTANCE OF YOGA PRACTICE SESSIONS**

**Yoga practice sessions for improving immunity, endurance, resistance, alignment, balance and agility. Yoga practice sessions also includes below mentioned aspects like;**

- 1. Aahara (Science based diet, nutrition).**
- 2. Vihaara (Do's and Don'ts of exercises).**
- 3. Vyavahaara (Healthy living practices at home and work place).**
- 4. Vichaara (Hypothalamus, pituitary adrenaline stress reducing breathing and meditation technique).**
- 5. Aachaara (Scientific cultivation of Indian Culture).**
- 6. Grahachaar (Therapeutic aspects of yoga and meditations in addressing constitutional type problems).**