



SCAN QR CODE

**Yoga** may not be a high-intensity form of **exercise**, but it helps you **live healthy life**



**Global  
Wellness**

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## YOGA DVDs

Regular exercises in any form are known to improve general wellbeing of the body and mind. Yoga asanas are proven to be highly useful to maintain healthy body. Regular practice of yoga asanas improves relaxation and provides strength to various parts of body and is especially useful in relieving muscle tensions. Yoga is known to calm the mind and hence helps to curb stress and anxiety.

### Salient features:

- DVDs for various programs.
- Multi-lingual, covering English, German & Hindi.
- The videos have a built in feature of 'self-pause,' thus making the learning very easy.
- Each DVD offers this Yoga program in 3 levels i.e. Beginner, Inter-mediate & Advanced.



**YOGA**  
FOR WEIGHT LOSS



**YOGA**  
FOR HYPERTENSION



**YOGA**  
FOR DIABETES



**YOGA**  
FOR HEALTHY LIVING



**YOGA**  
ANGER MANAGEMENT



**YOGA**  
FOR STRESS AND ANXIETY