

8

Asanas

Yoga Secret

Always Young

Beautiful

Healthy

“sub rose”



“sub rose”

Description

“sub rose” – is hidden by a rose

Rose is a symbol of perfection, eternal youth and beauty.

*What is hidden by the rose,
what secrets does it keep?*

*The recipe for perfection of form,
the practice of eternal youth and
beauty.*

Complex 8 Asanas contains
*a minimum of Asanas, which are needed
for a Healthy, Beautiful and Always
Young Body.*



*The result of practice will be:
A healthy body, a calm mind and a
positive mood.*

*Beauty and Eternal Youth of the body -
just a side effect 😊*

*The human body is complicated,
Bio - Mechanical organism.*

*The entire Life Support system
works Autonomously.*

*People do not need to think, to
breathe and digest food, these
processes work even in a dream.*

*But the whole system of vitally
important organs is held by the muscles!*



Constant Practice 8 Asanas
*will strengthen the muscular framework,
improve blood circulation throughout
the body, remove toxins.*

*One can live in a body that performs
Autonomous functions, and
observe how muscles and organs are
sagging, or*

*practice 8 Asanas and
every day enjoy a new step towards
perfection of the body form and
soul.*

And in what body do you want to live?



8 Asanas

will strengthen immunity

*will strengthen the heart and
blood vessels*

*will strengthen the muscular frame
will remove toxins*

*will improve blood circulation
in the body*

*will improve the functioning of the
reproductive system*

*will normalize the level of hormones
will improve digestion, metabolism*

will promote weight loss

will improve breathing

will increase resistance to stress



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“sub rose” – 8 Asanas

***Yoga Secret – Always Young Beautiful
Healthy***

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