

Majstri Meditácie

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Kampaň pre štúdio jógy, ktorá netradične ukazuje, že jóga vlastne nie je nič strašné a nevedomelo ju robí množstvo z nás.

„Nebojte sa, každý môže cvičiť jógu...“

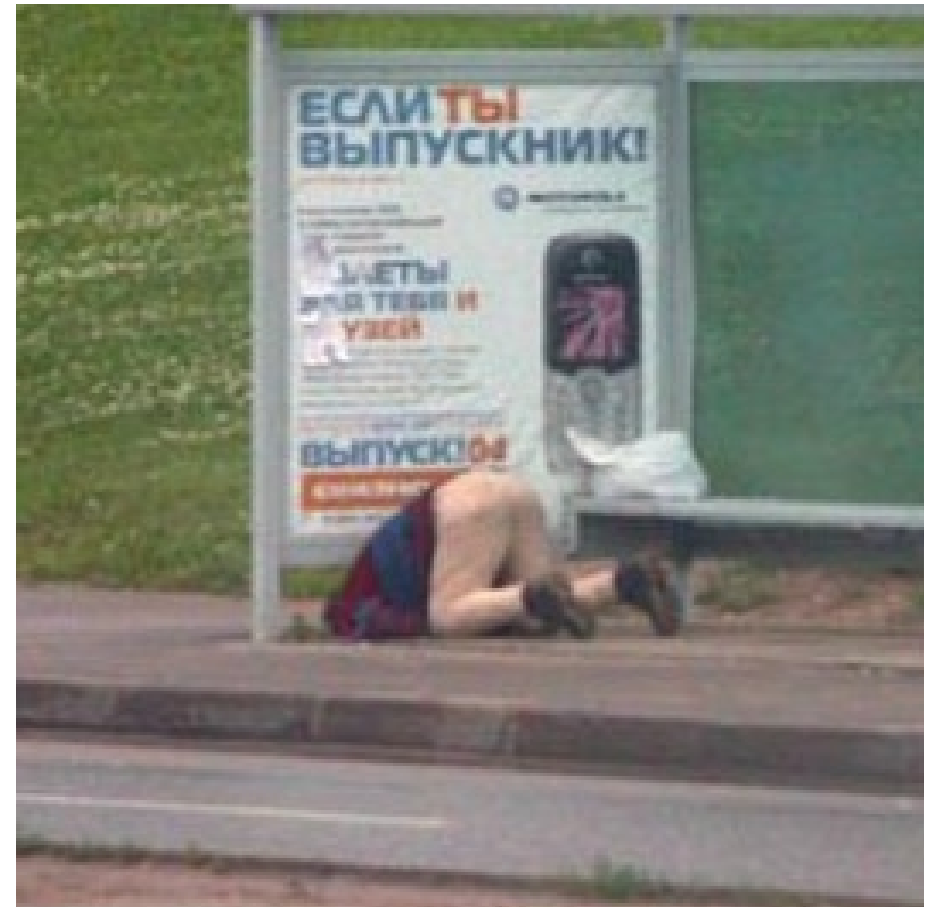
Savasana

Savasana is a pose of total relaxation--making it one of the most challenging asanas.



Balāsana

Balāsana is a restful pose that can be sequenced between more challenging asanas.



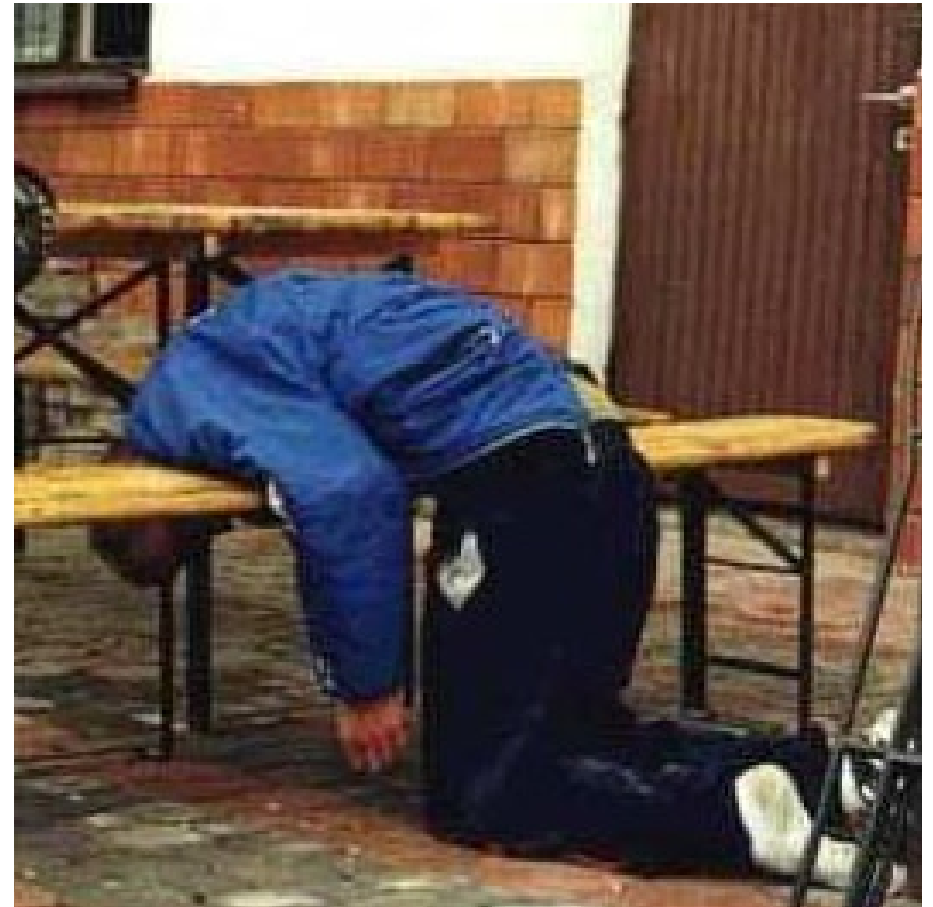
Setu Bandha Sarvangasana

The bride pose calms the brain and rejuvenates tired legs.



Marjaryasana

This pose provides a gentle massage to the spine and belly organs.



Halasana

Plow Pose reduces backache and can help you get to sleep.



Dolphin

A nice shoulder-opening. Also strengthens the core, arms, and legs.



Salambhasana

An effective means for strengthening the back of the torso, legs, and arms in preparation for the deeper backbends.



Ananda Balasana

This pose gently brings a greater awareness to the hip joints.



Malasana

This pose stretches the ankles, groin, and back torso. If your heels don't reach the floor, rest them on a folded blanket.



Pigeon Pose

Tone your body, improve your flexibility and de-stress your mind.

