

4 Asaan Asanas

for mind, body and soul



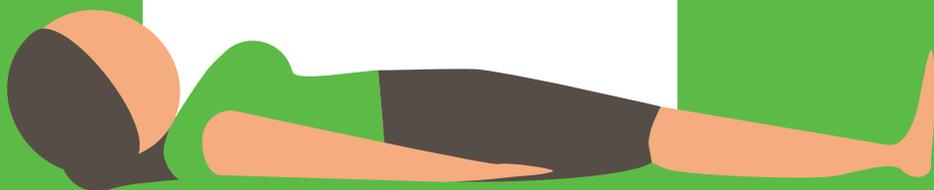
1

The one EVERYONE loves

Shavasana | Corpse pose

Lie down on your back. Rest head and limbs on the floor and relax.

Healing benefit: Lowers blood pressure and heart rate, calms the mind, and reduces stress and anxiety.



Flex your way to fitness

2

Adho Mukha Svanasana | Downward dog pose

Rest your hands and feet on the floor. Straighten your legs, raise your hips to the ceiling and press your shoulders down and back.

Health benefit: Alleviates lower back pain, strengthens the core muscles, promotes flexibility head to toe, and increases blood flow to the brain.



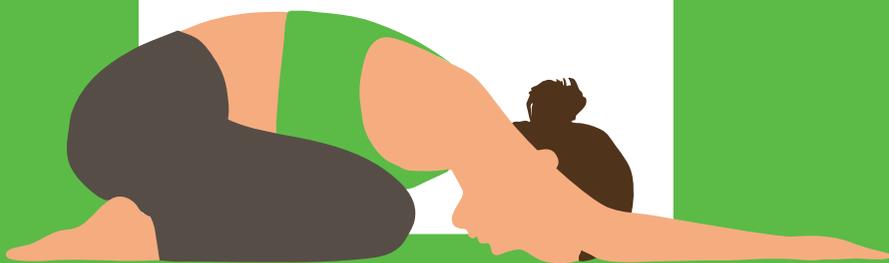
3

Get in touch with your inner child

Balāsana | Child's pose

Bring your knees together, kneel on the floor, touch your buttocks (slightly) to your feet and stretch your arms over your head.

Health benefits: Releases tension in the back, shoulders, and chest, helps with dizziness and fatigue, normalizes circulation throughout the body, and relaxes the mind.



4

Straight up with a wall

Viparita Karani | Legs up the wall

Lie on your back with your legs (heels) up against a wall and rest your arms on the floor.

Health benefit: Stretches the back of your neck, relieves cramped legs, improves sleep, heals arthritis, and digestive issues.



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