

Engaging Physiotherapists and gymnasts in the digital performance of their profession for distance guidance in physical exercise

3 EASY YOGA POSES FOR EVERYONE

STRETCHING EXERCISES

This practice strengthens the body, calms the mind and boosts the immune system!



Child's pose

This is one of the classic yoga resting poses: it helps to calm the mind and stretches the back and hips.



Cobra pose

This posture is especially beneficial for people with asthma, sciatica and depression.



Downward dog pose

A multi-purpose pose to strengthen the back, slow down the heart rate and restore energy.

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Partners:

