

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!

Infographic No 5



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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