

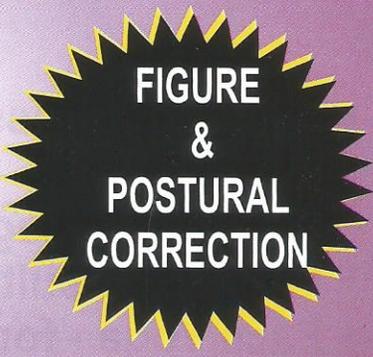
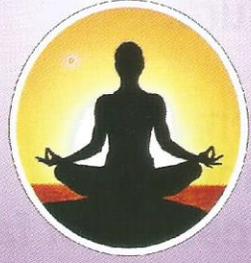
SUNGRACE YOGA

Yoga for healthy living

- Personal training in yogasana.
- Medical yoga therapy.
- Pranayama, Meditation & Relaxation Yoga.
- Prenatal Yoga / Postnatal Yoga
- Fertility / PCOD / other Gynec disorder

Medical yoga therapy

- Spondylitis
- Osteoporosis
- Back pain
- Asthma
- Improving metabolism / digestive disorder



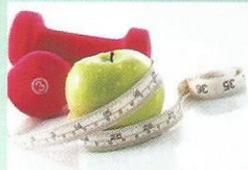
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MADHURI PATIL**



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CRYSTAL CLEAR

Total Fitness



WORKSHOPS ON THE FOLLOWING WILL BE CONDUCTED

- Philosophy of yoga & Fitness techniques.
- Diet therapy in easy and effective way.
- Aroma therapy - Health and Personality
Skin and hair.
- Flower remedies- For health purpose
Special remedies for children.
- Art of Acupressure.
- Reiki
- Disease management.
- Family consultancy
- Face Yoga - for beauty of face
- Naturopathy- Natural ways for living healthy.

**LEARN
HEALTHY - TASTY
RECIPES**

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Rajashree Sane

**IN YOUR AREA,
SOCIETY OR HOME**

