

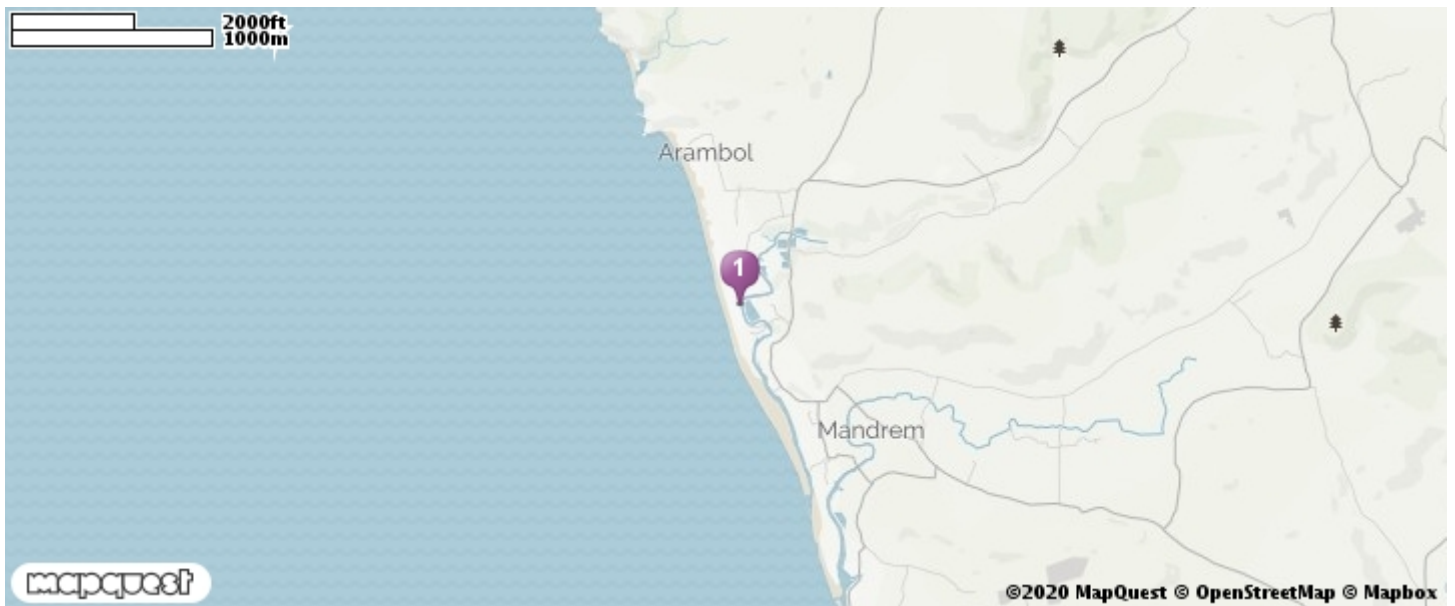
Yoga Poses to fight against coronavirus

Arambol, Goa

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Whole world is facing the pandemic right now. Corona is a new normal in everyone's life. We don't have any medicine yet, does it mean that we can't live a normal life again? We can live a normal life with basic precautions of hygiene, social distancing, and little bit changes in our lifestyle. Read our blogpost to fight against coronavirus. Try to understand what actual yoga is, how and when to practice it. If you are not flexible, or getting aged or going through some rehabilitation it does mean you can't do yoga. You can do yoga in all these conditions at any age. Join our Yoga Classes on Facebook and YouTube free, Keep visiting our website to know about the next scheduled class. You just need good vibes around you ??? Visit: <https://www.yogateachertraininggoa.com/5-yoga-asanas-to-fight-coronavirus-by-yogi-chetan-mahesh/> Facebook: <https://www.facebook.com/Yogaashramingoaindia/>

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