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## SFA Training Club – Rich Heritage Yoga

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### **Program highlights:**

- Improve Strength, Endurance and Spine Flexibility through Asana practice.
- Body balance through concentration and focus techniques.
- Improve and harness true potential of body organs and lung capacity.
- Detox program through Yogic Cleansing processes.
- Anger and Stress management through Pranayama and Dhyana.
- Mantra sessions for calmness.
- Final pressure handling skills through Pratipakshabhavanam.
- Improve overall mental health through Meditation program.
- Guided relaxation and sound sleep through Yoganidra and Shavasana.