

YOGA, a powerful tool towards efficiency and stress management

Even if the names are multiple, there is only one Yoga: the one that promotes inner harmony and personal development.

Based on the daily experience of generations of practitioners, yoga recognizes and uses the interactions between the body and the mind.

Postures • Breathing • Relaxation

We practice physical exercises adapted to the capacities of each individual. These *asanas* or postures are always combined with a conscious breathing and a focused mind.

Yoga has also got a large panel of breathing techniques that can be used to calm you down or give you energy depending on what you need. It can also offer you a multitude of relaxation techniques.

The progressive and regular practice of yoga will help you:

- reduce bad stress,
- control emotions better,
- improve relationship with your colleagues and clients,
- increase the level of energy,
- relief back pains and stiffness,
- give an overall feeling of balance and well-being

It is the whole person who will benefit from it both on the physical level as well as on the mental level. The techniques of yoga have also the advantage of being able to be used quickly by the practitioner in his/her daily life and not only on his yoga mat!



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www.yogattitude.lu