

NANO Yoga combines four elements to bring about an intense whole person workout in about 15 minutes. Results include, a cleansing of the inside of the body, steadiness of emotions, improved balance and a better sense of well being. It is a tri-binding life experience for whole person clarity. By reducing angst the mind becomes clear to pray, the prayer enters the cells thru focused breathing and nerve channels that are opened during asana. The spirit resides in all the cells and is awakened thru the synergy of the four components of NANO Yoga. Just like an ounce of prevention is worth a pound of cure. This routine done 5 times a week will cleanse the internal organs and oxygenate the entire system, thus increasing your level of fitness. The key to NANO Yoga is its small time requirement and its efficiency in producing such great levels of balance, flexibility, toning, weight control and mental focus. Generally your blood pressure will stabilize at a good level and your outlook on life will improve.

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