



Balanced Living: Yoga the Complete Package

Take a deep breath and discover a new way to live a healthy, happy and a long life!

Presenters: Dr. Gagan Bhalla & Uma Bhalla

This is an interactive presentation of interest to the whole orthodontic team!

In orthodontics, we face many daily challenges of balancing work, family and personal goals. Practicing Yoga and Pranayam (breathing techniques) will provide relaxation therapy to cope with stress, allowing you to be more relaxed, will increase your energy levels, burn fat and improve your overall health.

Beside yogic jogging, postures, mediation and health tips, 8 simple but powerful breathing techniques that can be practiced anywhere will teach you how to transform your body from the inside out.

Balanced living: Yoga the complete package, an interactive workshop will be a memorable and life changing experience.