



## 6 Min Yoga Practice

Below are four simple steps that can be practiced daily at home:

**Postures:**

Super brain yoga: 11 times  
Sun salutation: 2 times  
Spinal rock: 5 times

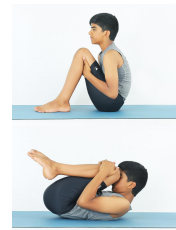
**Breathing exercise:**

Rhythmic breathing: 24 counts on each nostril

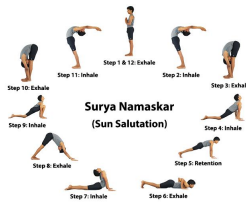
In our busy lifestyles, we often desire to dedicate time to maintain our physical and mental well-being, yet struggle to put that desire into practice. Here lies an excellent opportunity to motivate yourself and turn that wish into reality. This six-minute routine comprises simple breathing techniques and easy-to-follow yoga postures, requiring only six minutes of your daily schedule.



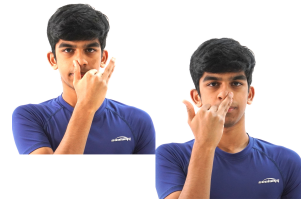
[Thoppukaranam](#)  
[\(Sit Ups/ Super Brain Yoga\)](#)  
[- 11 times](#)



[Jhulna Lurhakanasana](#)  
[\(Spinal Rock Pose\) 5 counts on each stage](#)



[Surya Namaskar](#)  
[\(Sun Salutation\)](#)  
[- 2 times](#)



[Rhythmic Breathing - 24 counts](#)

Please download the 6-minute yoga practice sequence on your mobile device by scanning the QR code.



Santhosham!!