

YOGA POSES FOR TONING THE BODY

A PRACTICAL YOGA ASANAS GUIDE

Finding it extra challenging to shed weight & to sculpt on your problem areas? Don't fret again we've got you covered. We're sharing a set of yoga poses that target specific body parts for a fitter and toned body. When done regularly & coupled with a healthy nutritious diet, you're bound to start seeing results!

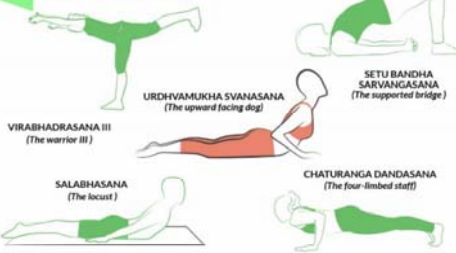
FOR TONED ARMS



FOR TONED ABS



FOR A TONED BACK



FOR TONED GLUTES



FOR TONED THIGHS



FOR TONED CALVES



Disclaimer: The recommended poses may not be suitable for everyone. If you are new to yoga, be sure to consult your medical provider before attempting the above yoga poses.

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