

The yoga way to take control of your life



Vocabulary

Pressure: the exertion of force upon a surface by an object, fluid, etc., in contact with it

Stress: to experience stress or worry:

Reason: a basis or cause, as for some belief, action, fact, event, etc.

Disease: a disordered or incorrectly functioning organ, part, structure, or system of the body resulting from the effect of genetic or developmental errors, infection, poisons, nutritional deficiency or imbalance, toxicity, or unfavorable environmental factors; illness; sickness; ailment.

Introduction:

In our daily life we work under pressure and today our stressed lifestyle has become a major reason for health problems and diseases.

