

**Contact: Kosha**

**Email: nbwgtaiwymuqqhvesc@nesopf.com**

[https://www.freelocalclassifiedads.in/pune/cars-vehicles/other/kosha-yoga\\_i5306600](https://www.freelocalclassifiedads.in/pune/cars-vehicles/other/kosha-yoga_i5306600)



Address: **Pune**

Price: **Free**

## Kosha Yoga: Hindi Seasonal Yoga: Poses for Summer, Winter and Rainy Season

Yoga is an all-encompassing exercise not only for physical health but can also be modified through seasonal shifts. Energy, metabolism, and health are all affected by varying weather conditions so it is a good idea to adapt your yoga practice based on the time of year. Seasonal yoga focuses on choosing postures, breathwork and practices that match the conditions of your environment to keep your body in perfect harmony during the seasons. Whether it is steaming hot summer, bone-chilling winter, or humid monsoon season—by regularly practicing yoga postures it can strengthen the immune system and help you sail through changing seasons by warding off seasonal ailments and keep us hale & hearty both mentally and physically.

[illegible]