



Yoga to Medical Yoga -Bare-body Myog Techniques for adults only-(Naked Yoga)

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Forget complex ‘Yoga’ (as true Yoga requires a lots of deep knowledge of procedure & knowledge and gives benefits after intense practicing) but adapt “Myog” which gives instant results .Now you do not have to remember all the Yoga background and complex names, just do the postures combined with diet and foot and palm massaging –the result will be seen with 2-3 weeks –“really amazing results”. The “Myog” –The Medical Yoga is the latest arsenal in human basket to fight the disease and ailments. This is combined with the diet and the ancient Yoga postures to heal the medical complications .This is still in infancy stage and will develop & mature with the passage of time. No doubt ancient Yoga postures are the main source of “Myog”, but only postures are extracted from this, as in modern time people have less time to learn all the complexities of the ancient Yoga.

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