

Yoga Sessions by Mr. Manoj Varade

A yoga teacher's job is not to teach students their practice but to guide them through their own. Mr. Manoj Varade is a seasoned yoga teacher, he works as PR for the BEST undertaking. He took few Yoga sessions to teach the basic steps to students of EMBA. Yoga is a physical and mental practice that originated from ancient India. Mr. Varade taught students the benefits of relaxing with Yoga. Its essence is practical and scientific as it emphasizes direct experience and observable results. It is not a religion, but a practice of personal inquiry and exploration.



