

Harmony

***Daily Schedule for
25 - 30 min (divided)***

Morning → Posture - 5 min
→ Body toning - 5 min
→ Walk - 5 - 25 min

Before Food → Pranayama - 7 min
→ Meditation - 5 - 10 min

Evening → Posture - 5 min
→ Body toning - 5 min

After Food → Stroll - 5 min
→ Nishpandabhava - 5 min
(Conscious Relaxation)

Food

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graph TD; Food[Food] --> Carbohydrates[Carbohydrates]; Food --> Proteins[Proteins]; Food --> Fats[Fats]; Food --> Vitamins[\"Vitamins & Minerals\"];
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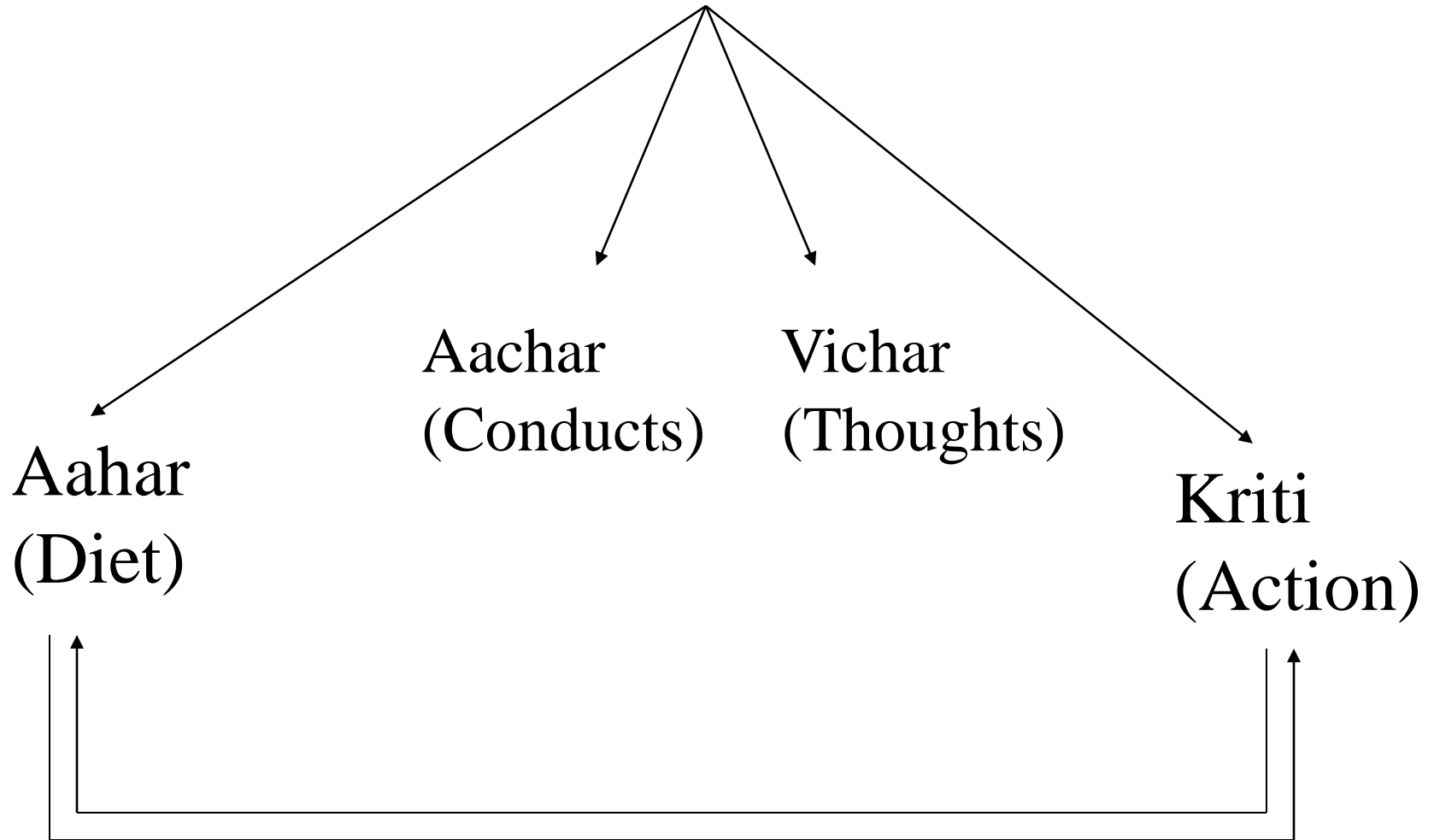
Carbohydrates

Proteins

Fats

**Vitamins &
Minerals**

4 Essential Components of life



YOGA

(A way of life)

YUJA
(Sanskrit Word) = Union  Lower self
with
Higher self

8 Dimensions

