



*32 muscle groups, glands, organs
combat 8 common conditions
with 48 simple stretches
in 20 minutes a day*

48 plus – a preventive healthcare strategy

Highlights:

20 minute workout

Revives and refreshes major muscles, glands, and organs in under 20 minutes a day.

48 stretches/ 8 ailments

Structured sequence of 48 basic stretches helps combat 8 common conditions such as asthma, arthritis, diabetes, hypertension, and more.

Heals and prevents

Identifies causes, symptoms, focus, and breath for a more wholesome experience.

Common sense approach

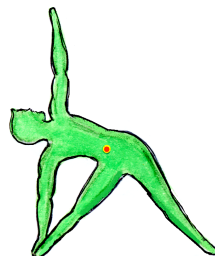
Powered by common sense, instead of treating just the symptoms, **48 plus** combats the **cause** of many ailments.

Safe, direct, inspiring

Healthful obsession that is safe, simple, and inspires a daily practice.

Higher Energy Levels

Practicing a consistent stretch sequence like **48 plus** in the privacy of your home helps maintain an everyday routine that helps re-train neglected muscles, enhances gland function, and refreshes internal organs.



In moments like these, this magical sequence acts as a bridge for days when you cannot go to fitness class.

Lower Insurance Claims

In a time of rising healthcare concerns, and sliding medical budgets, preventive care has become a top priority.



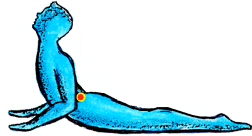
Practicing the **48 plus** sequence every day helps enhance fitness levels, thereby reducing your insurance premiums.

Here's how it works – if a blood relative has asthma, it is likely to be embedded in your genes, making your body vulnerable to painful attacks of asthma.

Smoke and dust pollution may likely trigger dormant asthma genes, causing



airway inflammation or painful constrictions that make it hard to breathe.



Routine stretches that expand the chest can help

open up the airways to facilitate easier breathing.



Book titles depicting **48 plus** are ***Yoga for Busy Bodies*** (isbn 978-0-615-16230-0), and ***Yoga Secrets*** (isbn 978-981-05-5654-9).

Both titles are available at **Barnes & Noble, Whole Foods, and Amazon.**

Learn more about 48 plus -

Visit www.yogaxpress.com* for full details about the **48 plus** preventive healthcare concept, or for corporate wellness programs.

Unique Aspects about the **48 plus** concept in **YOGA SECRETS** :

1. Endorsed by School of Yoga Therapy and Natural Medicine, Canada
2. Color coded mini-charts act as a handy reference for quick work-outs
3. Safe practice techniques with simple explanations of common ailments
4. Designed to help busy people with limited resources Stay Fit for Life
5. Finalist in the Alternative Medicine category, National Best Books 2008.

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