

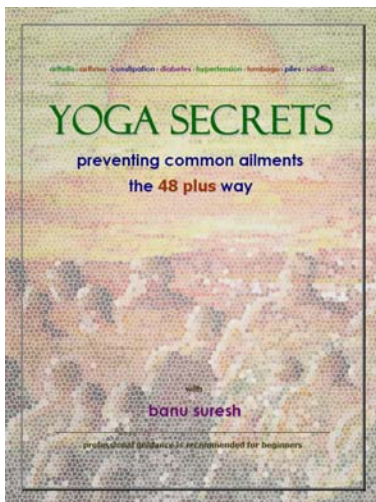
“48 plus is a delightful concept that ... inspires a daily practice”

ANGAD KAUR, M.Ed. ERYT, CEO and Senior Faculty
School of Yoga Therapy and Natural Medicine, Toronto, Canada.

You cannot stop a thunderstorm, but you *can* carry an umbrella; with **48 plus**, a healthful fitness obsession that is safe, structured, and motivates continuity. This basic sequence of ailment specific stretches targets major muscles, glands, and organs for a healing stretch and full body revival in under 20 minutes a day.

Rising medical concerns and sliding healthcare budgets have made the **48 plus** concept a natural strategy in preventing common ailments that challenge busy lifestyles. Because a healthy body means higher energy levels, lower insurance premiums, better attitudes, and greater productivity – at work, school, or play.

The **48 plus** concept is simply rendered by certified yoga trainer **Banu Suresh** in -



YOGA SECRETS (978-0-615-16230-0 art card 10 charts \$12.95) highlights causes, symptoms, care, & healing breath. Offers safe stretches to enhance & strengthen muscles, energy centers & compact strategies, ailment specific postures, form & technique, variety, and range of motion.

“This amazing box of 20 cards is one of the most organized and easy-to-read books on the yoga tradition that I’ve ever experienced...this set is the perfect addition to a beginner's or yoga teacher's library. Highly recommend the investment for a lifetime of reference, practice, and good yoga reading.”
- **Jill Camera**, an NYC yoga teacher/ co-author of **Yoga Fan**.

So go on, carry an umbrella. Get your copy of **YOGA SECRETS**, and *Stay Fit for Life*.

Visit www.yogaxpress.com, or email banu.suresh@gmail.com to place an order.



Stay Fit for Life.