

# The ULTIMATE, 'In/Exclusive' YOKE-MEDITATION

Covering ALL physical, mental / emotional and  
spiritual domain.

A first of its kind,  
COMPREHENSIVE!

A 55 minutes intensely internalized 'work-in',  
conserving energy/calorie; in contrast to the  
conventional 'work-out', expending energy/calorie.

## THE ULTIMATE! *'In/Exclusive'* YOKE • MEDITATION

(Asana • Auratic • Ayur • Bhakti • Calisthenics • Cardio • Dermato • Dhyana(TM) • Endocrino  
• Gastroentero • Hattha • Immuno • Image • Karma • Mantra • Nephro • Neuro • Ophthalmo  
• Otolaryngo • Ortho • Pranayama • Pranic • Pulmano • Rajyog • Resistance  
• Rheumato • Stretch • Tibetanrites • Uro...)