

# 5 minutes Yoga Tools

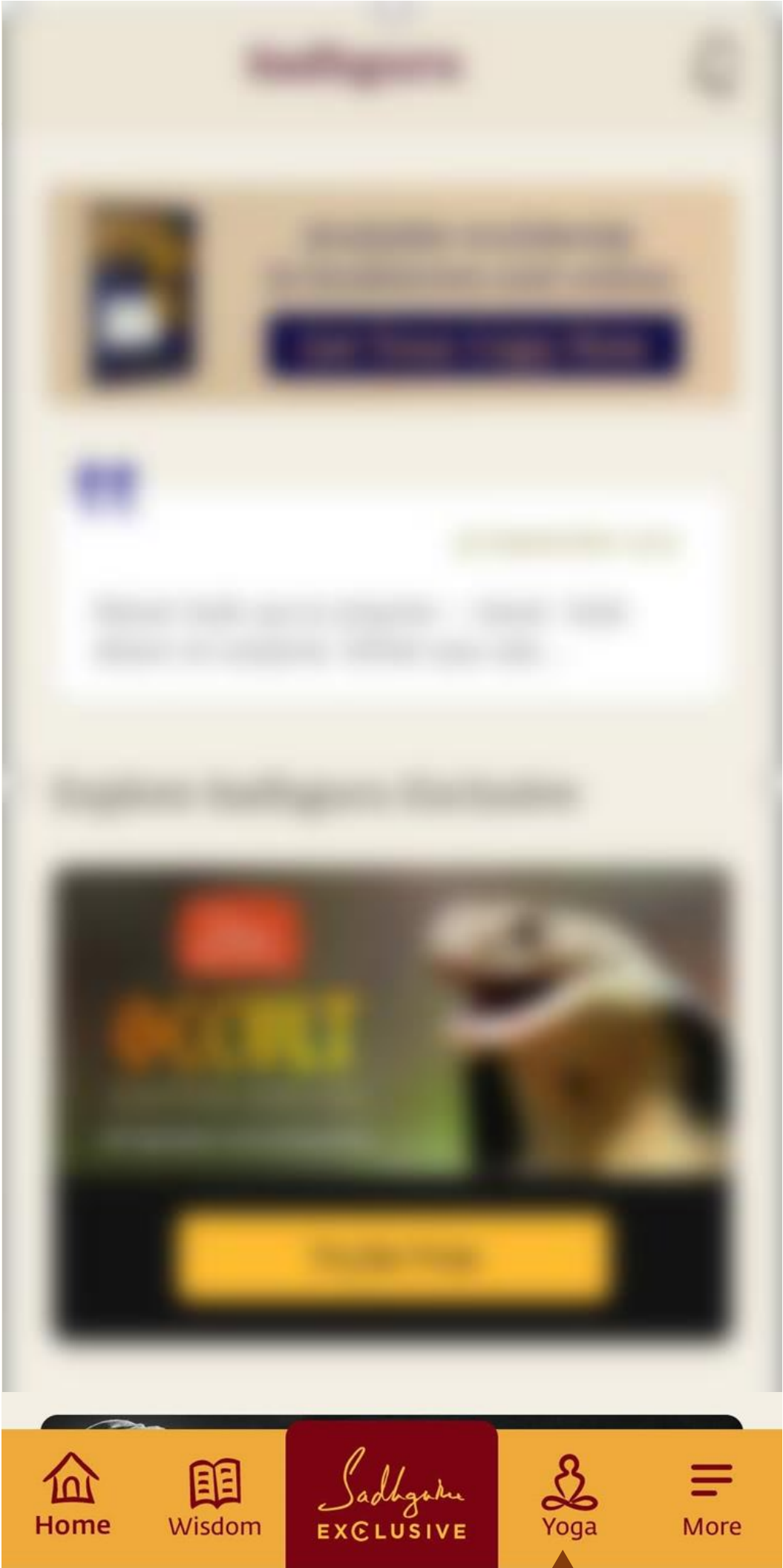
Designed by Sadhguru, these practices are based on the science of Upa-Yoga, which is oriented towards physical and psychological benefits. Below are the details on how you can access them.

Each practice takes only 5 mins to complete, and they do not require to maintain empty stomach condition. Slightly empty stomach is okay.

**Download Sadhguru App**



Open the app and select 'Yoga' as shown below.



Select 'Yoga'

Again select 'Yoga'



# Yoga



Yoga

Meditate

Upcoming

BEGINNER

ADVANCED




## Free Yoga Tools

Classical hatha yoga in its full depth and vibrancy.



Select 'Free Yoga Tools'

Learn these practices and do them everyday in the same order specified.



Free Yoga Tools

Practices

Guidelines

Benefits

Yoga for Health

Directional Movements

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Yoga for Success

Neck Practices

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Overall Wellbeing

Yoga Namaskar

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Yoga for Peace

Nadi Shuddhi

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Yoga for Joy

Nada Yoga

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Yoga for Inner Exploration

Shambhavi Mudra

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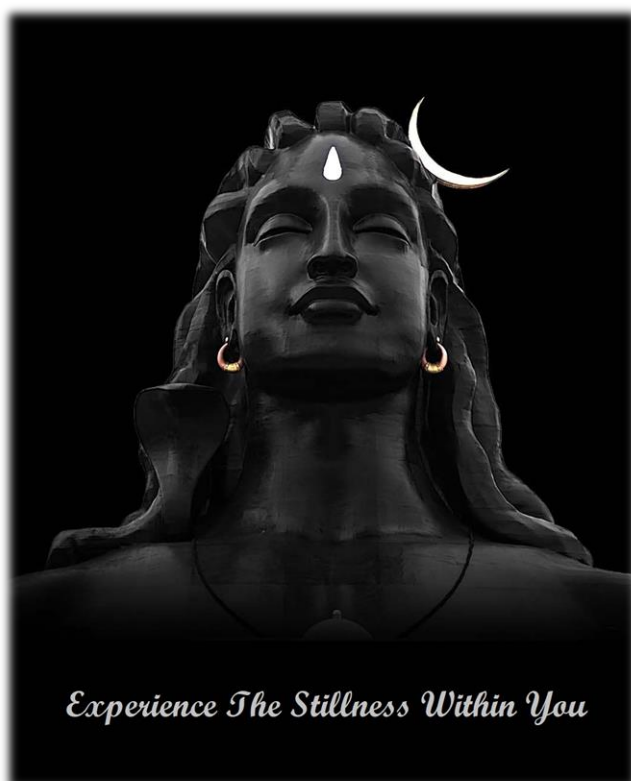
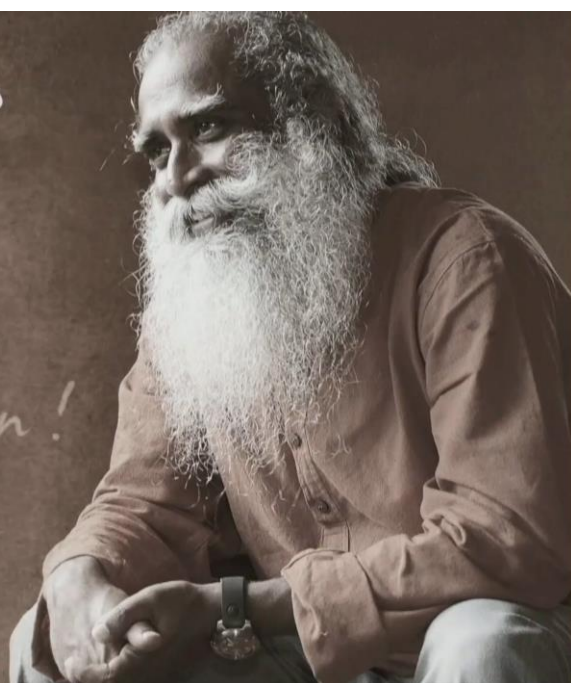
Yoga for Love

Namaskar Process

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*A world full of love,  
light n laughter.  
Its time has come...  
Let us make it happen !*

ishan



*Experience The Stillness Within You*

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