

A woman with dark curly hair, wearing a blue sports bra and light blue shorts, is performing a yoga pose on a blue mat. She is in a side plank variation, with her right arm extended upwards and her left arm supporting her weight on the floor. Her legs are bent at the knees. The background features a large mural with a stylized sun and leaves. To the left, a framed picture hangs on the wall.

Taísa Santos,
instrutora
de ioga, em
uma postura
praticada nos
exercícios

Fitness & Nutrição

Conheça a técnica oriental
que conquistou muitas
pessoas durante
a pandemia e
oferece ganhos
mentais e
físicos

IOGA, prática milenar cheia de benefícios