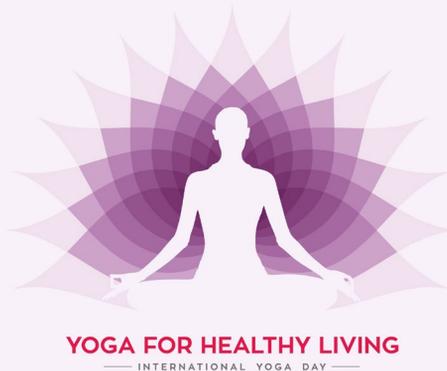


Welcome to the June 2022 edition of Sudarshan's 'Color by Design' monthly newsletter. The International Day of Yoga has been celebrated annually on 21 June since 2015, following its inception in the United Nations General Assembly in 2014. Yoga is a physical, mental and spiritual practice which originated in India. The Indian Prime Minister, Narendra Modi, in his UN address in 2014, had suggested the date of 21 June, as it is the longest day of the year in the Northern Hemisphere and shares a special significance in many parts of the world.



Alison G., our SUNA Sales Head just got her 200 Hour RYT (Registered Yoga Teacher) certificate this year



Yoga Expert recommends the **Trikonasana asana**, as it opens the lungs, chest, and heart. He says, "The asana supplies more oxygen to your skin and, hence, the skin automatically feels refreshed and rejuvenated."

Three yoga mudras for glowing skin



Paschimottasana or the seated Forward Bend Pose involves intense stretching. Experts believe that this pose is not only beneficial in keeping stress and anxiety at bay, but also helps in purifying the blood, thus improving skin complexion, and reducing the appearance of wrinkles.



Bhujangasana, One of the best yoga exercises for glowing skin is the Cobra pose. This posture opens the chest and reduces pressure, tension, and fatigue that helps you get brighter, more glowing skin. The pose also helps flush out toxins from the body thus boosting skin rejuvenation.

Not everyone is born with naturally glowing skin. Although dullness is natural and nothing to be ashamed of, making a few lifestyle changes and tailoring your skincare routine can help your skin look bright and even.

Good To Glow is an amazing new product designed for today's active lifestyle. A moisturizing stick that gives you intense hydration on the go. At the gym, at work, on a flight or just in between meetings, all you need to do is twist open the cap of the stick and apply! And you're as good as new.

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