

Research confirms that drinking gives you the same benefits yoga does !!!

Savasana

Position of total relaxation.



Balasana

Position that brings the sensation of peace and calm.



Setu Bandha Sarvangasana

This position calms the brain and heals tired legs.



Marjayasana

Position stimulates the midriff area and the spinal column.



Halasana

Excellent for back pain and insomnia.



Dolphin

Excellent for the shoulder area, thorax, legs, and arms.



Salambhasana

Great exercise to stimulate the lumbar area, legs, and arms.



Ananda Balasana

This position is great for masaging the hip area.



Malasana

This position, for ankles and back muscles.



Pigeon

Tones the body, and builds flexibility and helps get rid of 'stress'.