

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

*Savasana* Position of total relaxation.



*Balāsana* 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**

*Excelent for back pain and imsomnia.*



**Dolphin**

*Excelent 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'.*