

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

## Savasana

Position of total relaxation.



## Setu Bandha Sarvangasana

This position calms the brain and heals tired legs.



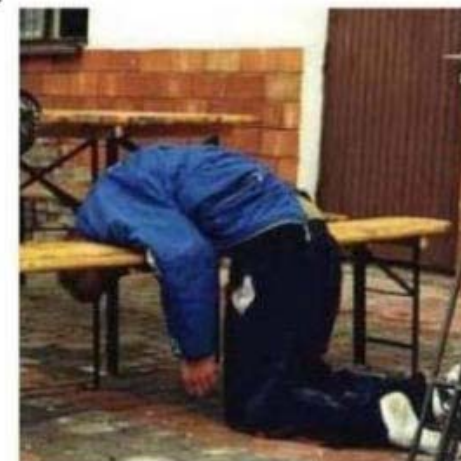
## Balasana

Position that brings the sensation of peace and calm.



## Marjayasana

Position stimulates the midriff area and the spinal column.



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## Halasana

Excelent for back pain and imsomnia.



## Salambhasana

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



## Dolphin

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



## Ananda Balasana

This position is great for masaging the hip area.



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