

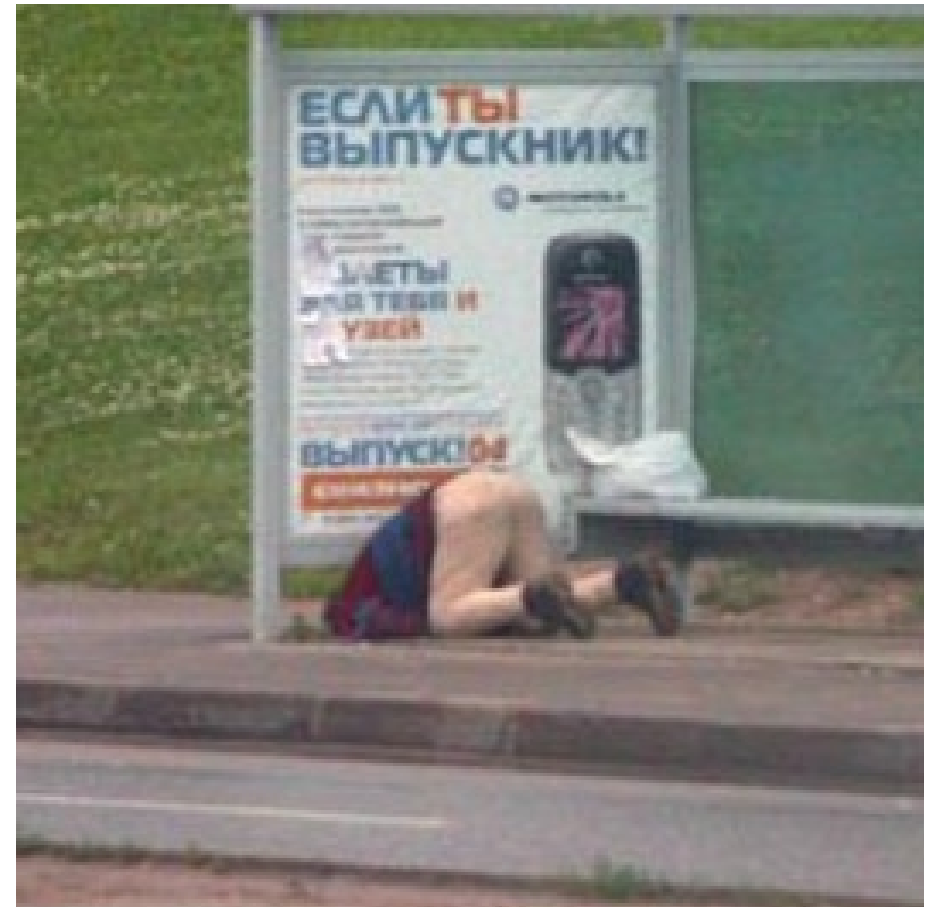
# Savasana

Savasana is a pose of total relaxation--making it one of the most challenging asanas.



# Balasana

Balasana is a restful pose that can be sequenced between more challenging asanas.



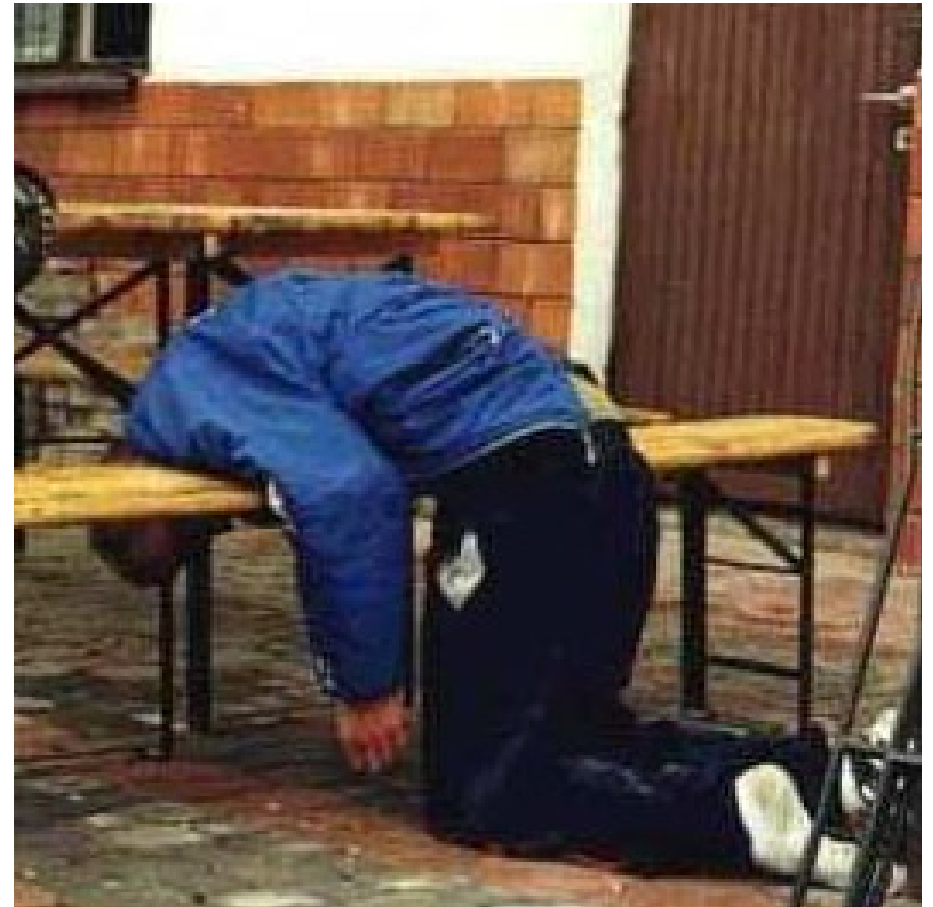
# Setu Bandha Sarvangasana

The bride pose calms the brain and rejuvenates tired legs.



# Marjaryasana

This pose provides a gentle massage to the spine and belly organs.



# Halasana

Plow Pose reduces backache and can help you get to sleep.





# Dolphin

A nice shoulder-opening. Also strengthens the core, arms, and legs.



# Salambhasana

An effective means for strengthening the back of the torso, legs, and arms in preparation for the deeper backbends.



# Ananda Balasana

This pose gently brings a greater awareness to the hip joints.





# Malasana

This pose stretches the ankles, groin, and back torso. If your heels don't reach the floor, rest them on a folded blanket.



# Pigeon Pose

Tone your body, improve your flexibility and de-stress your mind.

