

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 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 massaging the hip

Malasana This position, for ankles and back

Life really boils down to 2 questions...

1. Should I get a dog.....?



OR..

2. Should I have children?



Just to let you know
I'm thinking of you today.

No matter what situations life throws at you...

No matter how long and treacherous your journey may seem..

Remember there is a light at the end of the tunnel.



You're laughing aren't you?
That's good 'cause my job here is done!
Have a great day and remember to give thanks.....