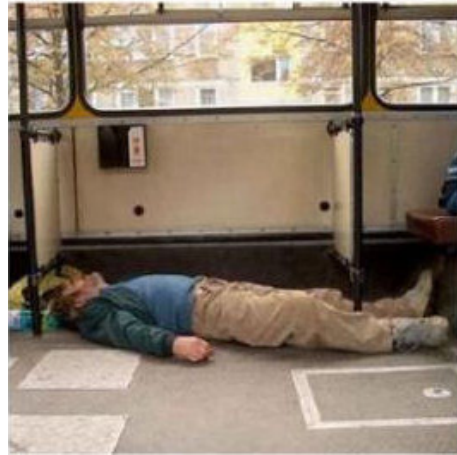


## DRINKING OFFERS SAME BENEFITS AS YOGA

Research seems to confirm that drinking gives you some of the same benefits as yoga does. Below is some of the evidence.

### 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.



### **Salambhasana**

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

