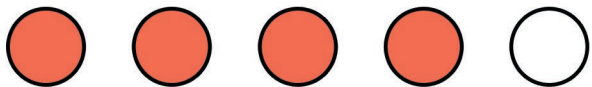


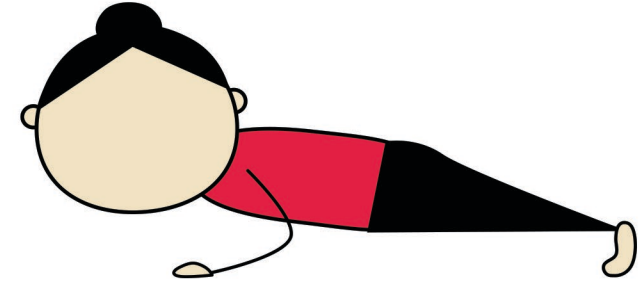
SHOULDER STAND

SARVANGASANA

The Shoulder Stand Pose benefits the entire body. In addition to improving your posture, blood circulation to the brain is increased which can help overcome headaches.



DIFFICULTY
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PLANK POSE

CHATURANGA DANDASANA

The Plank is an arm balancing yoga pose that tones the abdominal muscles while strengthening the arms and spine.



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