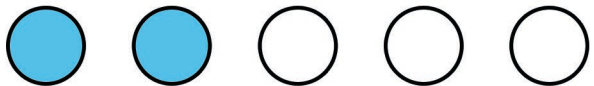




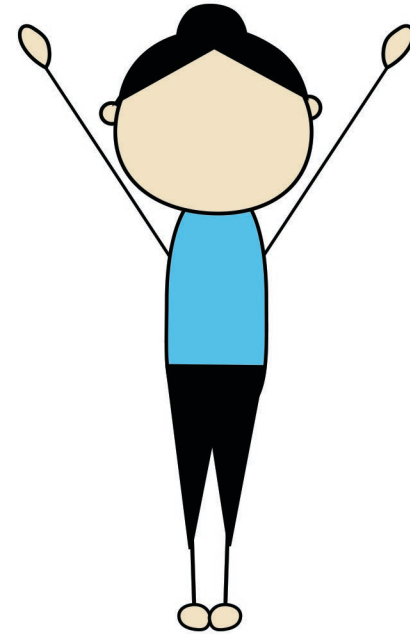
## UP DOG

URDVAH MUKHA SVANASANA

Upward Facing Dog is a back bending pose for relieving muscle tension. It stretches all aspects of the spine and even stimulates organs in the abdomen.



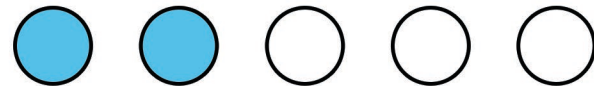
DIFFICULTY  
2/5



## RAISED HANDS

URDHVA HASTASANA

The Raised Hands Pose is ideal for beginners and focuses on the improvement of the arms, shoulders, abdomen and armpits.



DIFFICULTY  
2/5