

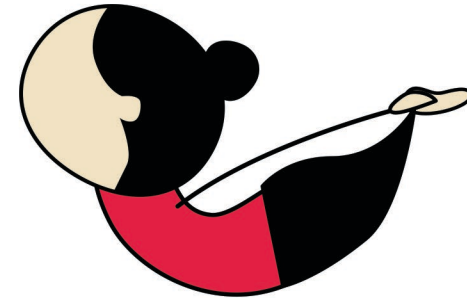
# WHEEL POSE

URDHVA DHANURASANA

Wheel Pose is a difficult pose that provides strength to the arms, legs, wrists, hips, spine and abdomen. It can also act as a therapy against asthma.



DIFFICULTY  
5/5



# BOW POSE

DHANURASANA

Bow is a great therapeutic pose for those with lives that are always on the move and frequently in positions of leaning forward or bending forward.



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