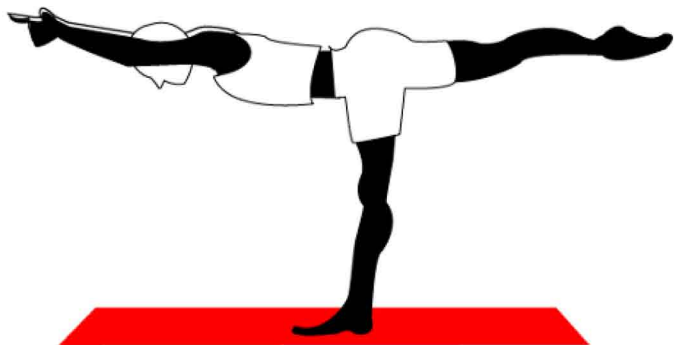


# Yoga Pose of the Month

## Tulandandasana

"Balancing Stick Pose"



### Benefits:

- increases cardiovascular circulation
- may help clear blocked arteries
- may help prevent future cardiac problems
- creates a total spine stretch / relieves stress from spine
- good for varicose veins / builds strength in legs
- exercises pancreas, spleen, liver, nervous system and circulatory system