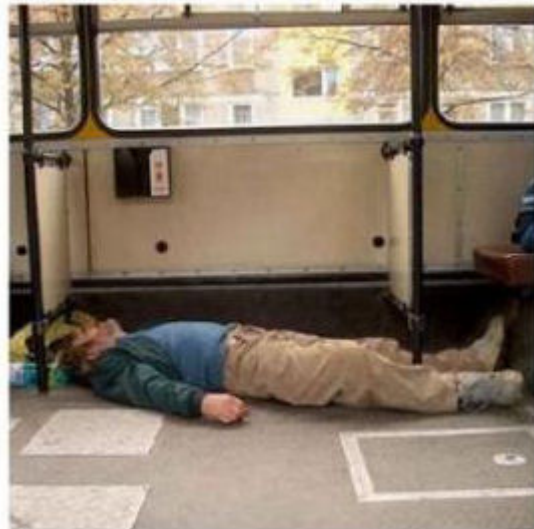


# Research confirms that drinking gives you the same benefits yoga does!!!

Submitted by Bill Hanson, GHC Bass etc.  
from a cyber forward received from wife #2 Kim Lyon of Sechelt

## Savasana

Position of total relaxation.



## Balasana

Position that brings the sensation of peace and calm.



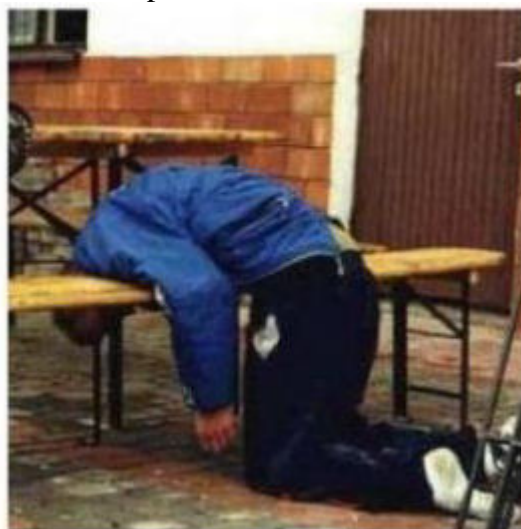
## Setu Bandha Sarvangasana

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.



### **Dolphin**

Excellent for the shoulder area, thorax, legs, and arms.



### **Salambhasana**

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



### **Ananda Balasana**

This position is great for massaging the hip area.



### **Malasana**

This position, for ankles and back muscles.



### **Pigeon**

Tones the body, and builds flexibility and helps get rid of 'stress'.

**So in the interest of healthy relaxation ... let's start drinking!!**