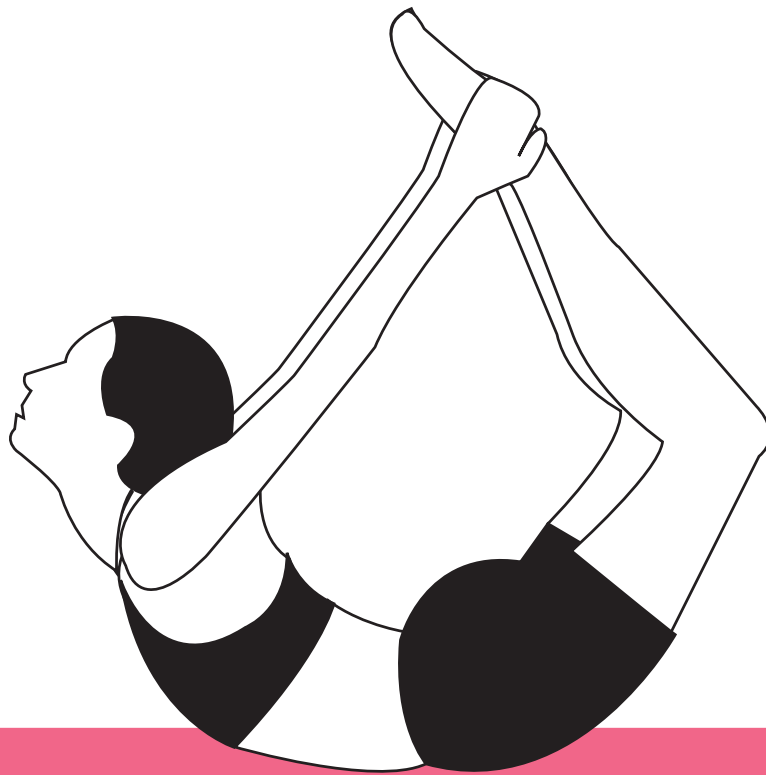


# Yoga Pose of the Week

## Dhanurasana

"Floor Bow Pose"



### Benefits:

- increases circulation to heart and lungs
- improves oxygen intake
- improves digestion
- helps correct bad posture
- develops internal balance and harmony