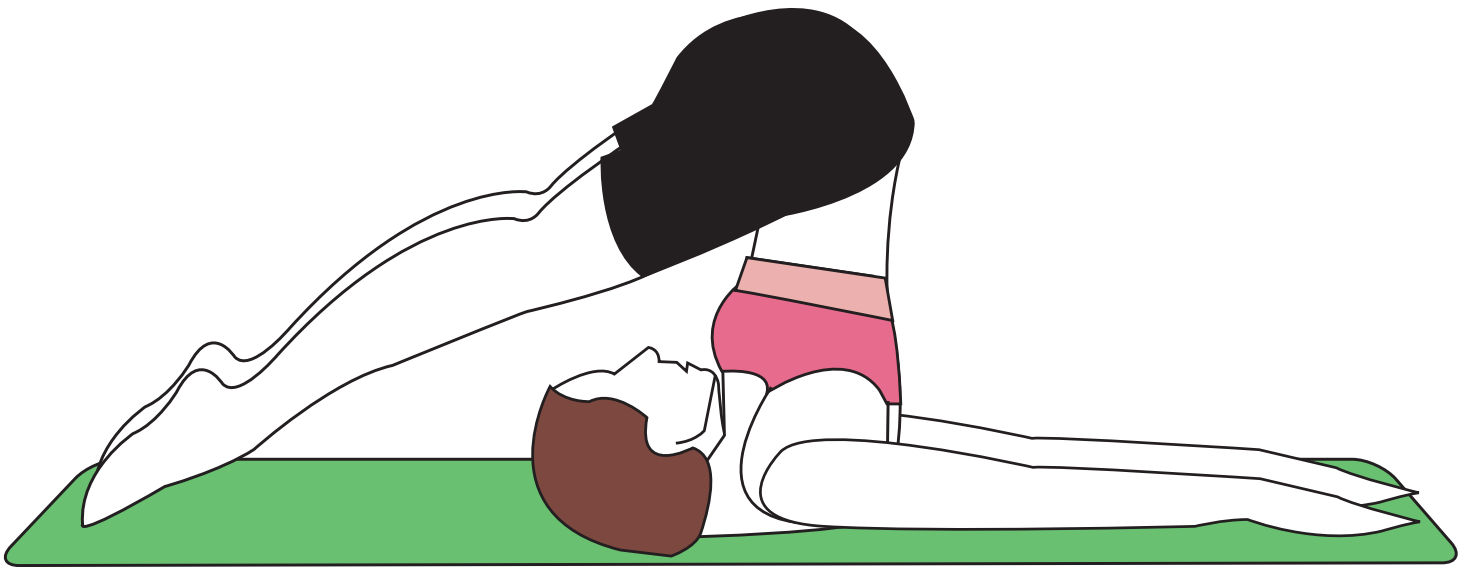


Yoga Pose of the Week

Halasana "Plow Pose"



Benefits:

- Helps relieve stress
- Reduces fatigue
- Stretches the shoulders and spine
- May be therapeutic for headaches and backaches