

Yoga Vs Drinking

Written by Cosmic

Tuesday, 20 October 2009 12:12 - Last Updated Tuesday, 20 October 2009 12:21

[Joke of the Week - 19/10/09](#)

Yoga Vs Drinking

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

Savasana

Position of total relaxation.



Balasana

Position that brings the sensation of peace and calm.

Yoga Vs Drinking

Written by Cosmic

Tuesday, 20 October 2009 12:12 - Last Updated Tuesday, 20 October 2009 12:21



Setu Bandha Sarvangasana

This position calms the brain and heals tired legs.



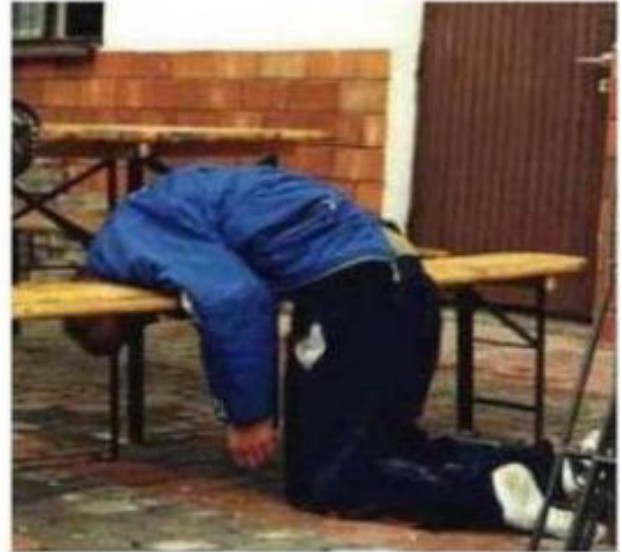
Marjayasana

Position stimulates the midriff area and the spinal column.

Yoga Vs Drinking

Written by Cosmic

Tuesday, 20 October 2009 12:12 - Last Updated Tuesday, 20 October 2009 12:21



Halasana

Excelent for back pain and imsomnia.



Dolphin

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

Yoga Vs Drinking

Written by Cosmic

Tuesday, 20 October 2009 12:12 - Last Updated Tuesday, 20 October 2009 12:21



Salambhasana

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



Ananda Balasana

This position is great for masaging the hip area.

Yoga Vs Drinking

Written by Cosmic

Tuesday, 20 October 2009 12:12 - Last Updated Tuesday, 20 October 2009 12:21



Malasana

This position, for ankles and back muscles.



So, lets start drinking

Yoga Vs Drinking

Written by Cosmic

Tuesday, 20 October 2009 12:12 - Last Updated Tuesday, 20 October 2009 12:21

This site and the associated Mailing list are brought to you free of charge.

If you like it and would like to assist us to bring you more content please consider donating at...

Yoga Vs Drinking

Written by Cosmic

Tuesday, 20 October 2009 12:12 - Last Updated Tuesday, 20 October 2009 12:21

Or let other people know about us..



Thanks