**Padmasana**

Improves Mental Health, Fights Insomnia, Strengthens the Joints, Improves Digestion, Eases Childbirth, Reduces Menstrual Complications, Reduces Anxiety and Fear, Boosts Respiration.

**Tree Pose**

Improve posture and coordination, relieve sciatic pain, improve agility, boost circulation, tone core muscles, strengthen your back, hips, and legs.

**Gomukhasana**

Treats sciatica, Treats high blood pressure, Enhances sexual performance, Cures stiff and frozen shoulders, Elongates spine and improves bad posture, Reduces anxiety and stress, Stimulates kidneys, Strengthens the muscles of the back, hips, ankles, shoulders, thighs, inner armpits, triceps, and chest.

**Cobra Pose Benefits**

Opens the shoulder blades, neck, and collar bones. Improves spinal posture, flexibility, and alignment. Reduces back pain. Improves circulation. Opens the lungs. Stimulates the abdominal and digestive organs, improving digestion. Massages and regulates the adrenal and thyroid glands. Reduces stress.

**Anjaneyasana**

Builds Awareness and Mental Focus. Relieves Sciatica and Other Spinal Conditions. Enhances Lower Body Strength and Flexibility. Balances Chakra. Decreases Stress and Anxiety. Improves Abdominal System. Re-Energises the Body. Improves Metabolic Functions.