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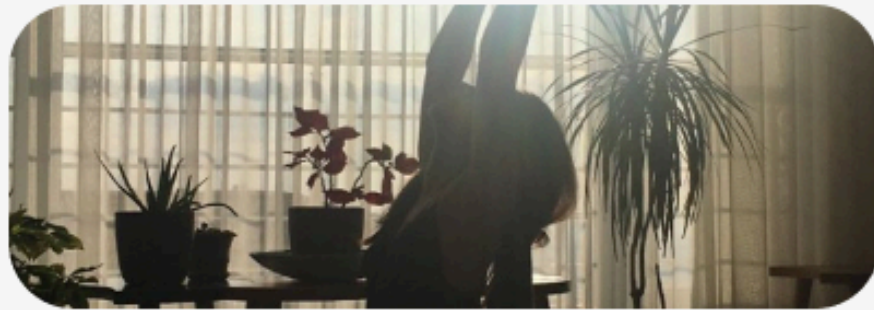


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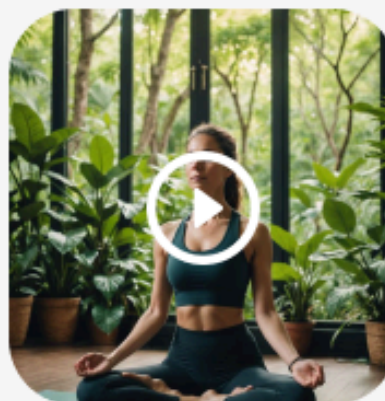
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Lotus Pose



Padmasana



Benefits:

1. Structures Your spine
2. Clams Your Body
3. Relives menstrual pain
4. Improves Flexibility

Perform 2 times a day
Preferably Morning and
eveings

Know Steps

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Postures



Full Bridge Pose



Lotus Pose



Cat Pose

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