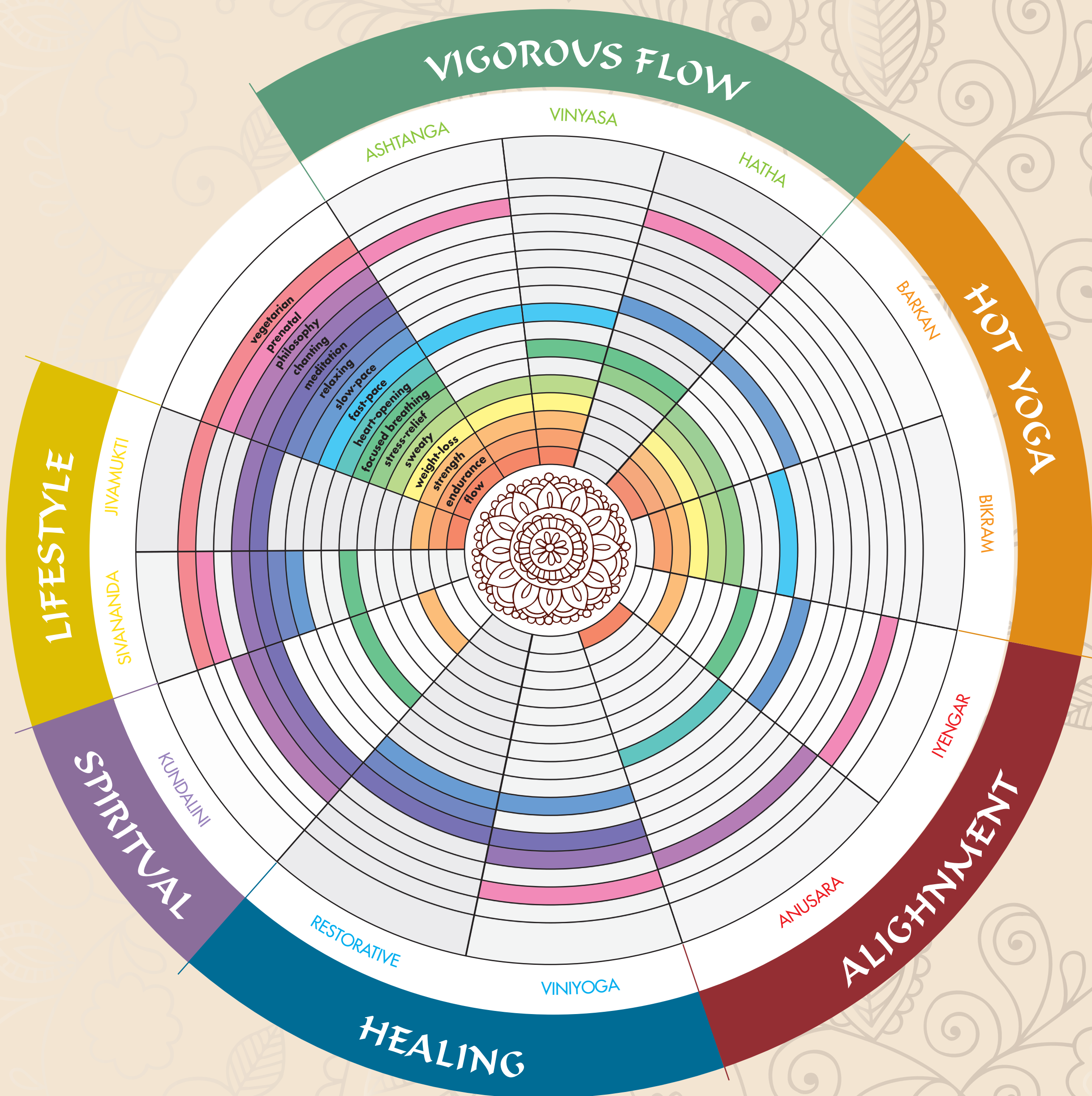


YOGA STARTER

WHAT'S YOUR STYLE?



20

More than 20 million Americans regularly practice yoga.

12 WEEKS

Adults with chronic or recurring low-back pain who practice yoga for 12 weeks can experience better function than usual medical care.

2x A WEEKS

Twice weekly yoga practice for two months showed a significant decrease in levels of depression as well as levels of both state and trait anxiety.

IMPROVES SLEEP

Studies have shown that the quality of sleep, even for chronic insomniacs, improved within eight weeks of practicing yoga on a regular basis. Yoga can help you sleep better, which can boost your mood and energy level.



IMPROVES SEX LIFE

Researchers found that yoga treated premature ejaculation more effectively than fluoxetine (Prozac). In one study, 100 percent of the yoga group had improvement in premature ejaculation and sexual satisfaction, compared to 82 percent of those taking fluoxetine.



Other research has shown that yoga meditation can enhance a woman's libido and treat sexual dysfunction. Yoga meditation cultivates mindfulness -- an awareness of the present moment--and that can significantly improve a woman's sexual arousal and response.

POSING FOR SUCCESS?



Adho Mukha Svanasana

Lengthens and decompresses the spine, stretches the hamstrings, strengthens the arms, flushes the brain with oxygen and calms the mind.

DOWNWARD DOG



Virabhadrasana I

Strengthens the legs, opens the chest and shoulders.

WARRIOR 1



Balasana

Slims the waist, strengthens the legs and core, and aids in correcting posture imbalances.

CHILD POSE



Virabhadrasana II

Strengthens the legs and arms, opens the chest and shoulders, tones the abdomen.

WARRIOR 2



Padmasana

Hip opener, strengthens spine, calms the brain, eases menstrual discomfort, and restores energy levels.

LOTUS



Trikonasana

Slims the waist, strengthens the legs and core, and aids in correcting posture imbalances.

TRIANGLE



Chaturanga

Strengthens the arms, wrists and abdomen. Good preparation for more challenging arm balances.

FOUR LIMBED STAFF



Bandha Sarvangasana

Strengthens the spine, opens the chest, improves spinal flexibility, stimulates the thyroid.

BRIDGE



Utkatasana

Tones the leg muscles. Strengthens hip flexors, ankles, calves, and back. Stretches chest and shoulders. Reduces symptoms of flat feet, stimulates the heart, diaphragm, and abdominal organs.

CHAIR



Virksasana

Strengthens legs, improves balance.

TREE



Navasana

Builds abdominal and core strength

BOAT



Tittibhasana

Strengthens the wrists, forearms and abdomen. Stretches the hamstrings

FIREFLY



Salamba Sirsasana

Calms the mind. Strengthens the arms, legs and spine. Improves balance.

HEADSTAND



Natarajasana

Strengthens legs, improves balance and core strength, stretches the shoulders.

KING DANCER



Savasana

Lowers blood pressure, relaxes heart rate, calms the mind and makes you fall in love with yoga.

CORPSE

NAMASTE