## The International Day of Yoga 2015

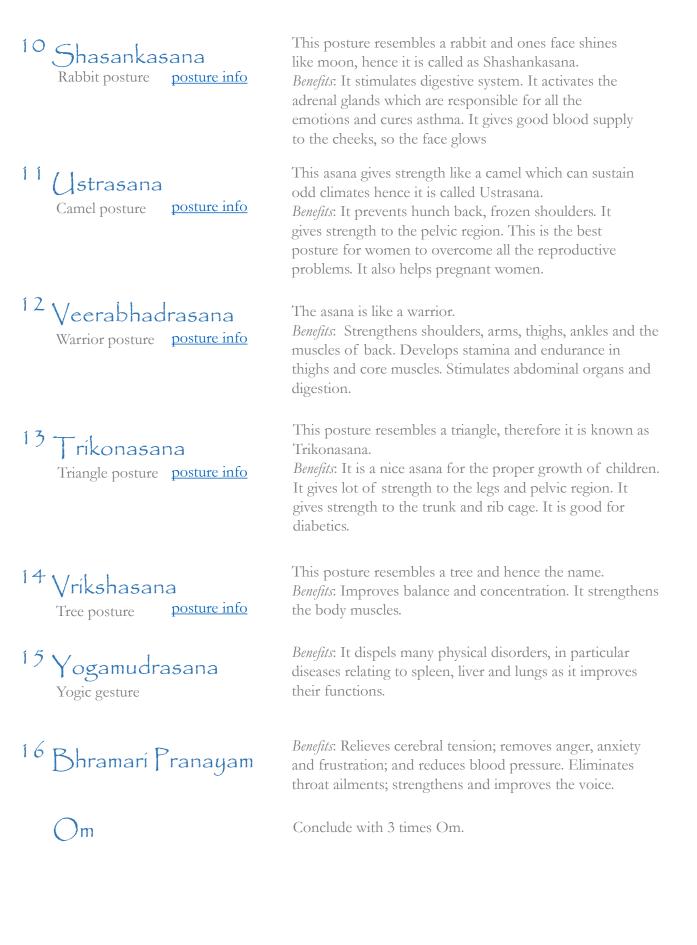
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1	Om	Prayer, 3 times
2	Suryanamaskaras Sun salutations <u>posture info</u>	Benefits: Tones up the whole body and gives it a good exercise. Aids in proper functioning and helps remove impurities. Enhances growth and helps in developing a harmonious body and mind. Also helps control diabetes, asthma, indigestion and constipation.
3	Savasana Corpse pose <u>posture info</u>	In this asana one lies like a corpse so it is named as savasana. Benefits: It is one of the best postures for relaxation.
4	Pavanamuktasana Air release <u>posture info</u>	The pressure on the abdomen releases any trapped gases in the large intestine, hence the name. <i>Benefits</i> : Blood circulation is increased to all the internal organs. Digestive system is improved and it relieves constipation.
5	Sethubandasana Bridge posture posture info	This posture resembles bridge so it is called Sethubandasana. <i>Benefits</i> : It helps with all low back problems. It stimulates thyroid gland, streamlines menstruation cycle problems and gives strength to the pelvic region. It helps in easy delivery.
6	Navasana Boat posture	It resembles a boat, so called navasana. <i>Benefits</i> : Strengthens hips, thighs and abdominal muscles. Develops focus and concentration. Improves balance and coordination. Improves digestion.
7	Dhanurasana Bow posture posture info	While practicing this asana it resembles a bow, hence it is named as Dhanurasana. <i>Benefits</i> : It massages liver, abdominal organs and muscles. It tones pancreas and adrenal glands. It reduces excess fat in the abdominal area. It helps with hunchback, spondilytis and low back pain.
8	Makarasana Crocodile posture <u>posture info</u>	In this asana one lies like a crocodile so it is named as Makarasana. <i>Benefits</i> : This is the relaxation posture for those who are suffering with low back pain, slipped disc, sciatica etc.
9	Vajrasana Diamond posture posture info	This stimulates the vajra nadi and helps awaken kundalini and hence called Vajrasana. <i>Benefits</i> : It improves digestive capacity; even after meals it can be practiced. This is one of the best meditation postures. It makes the body very strong.

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