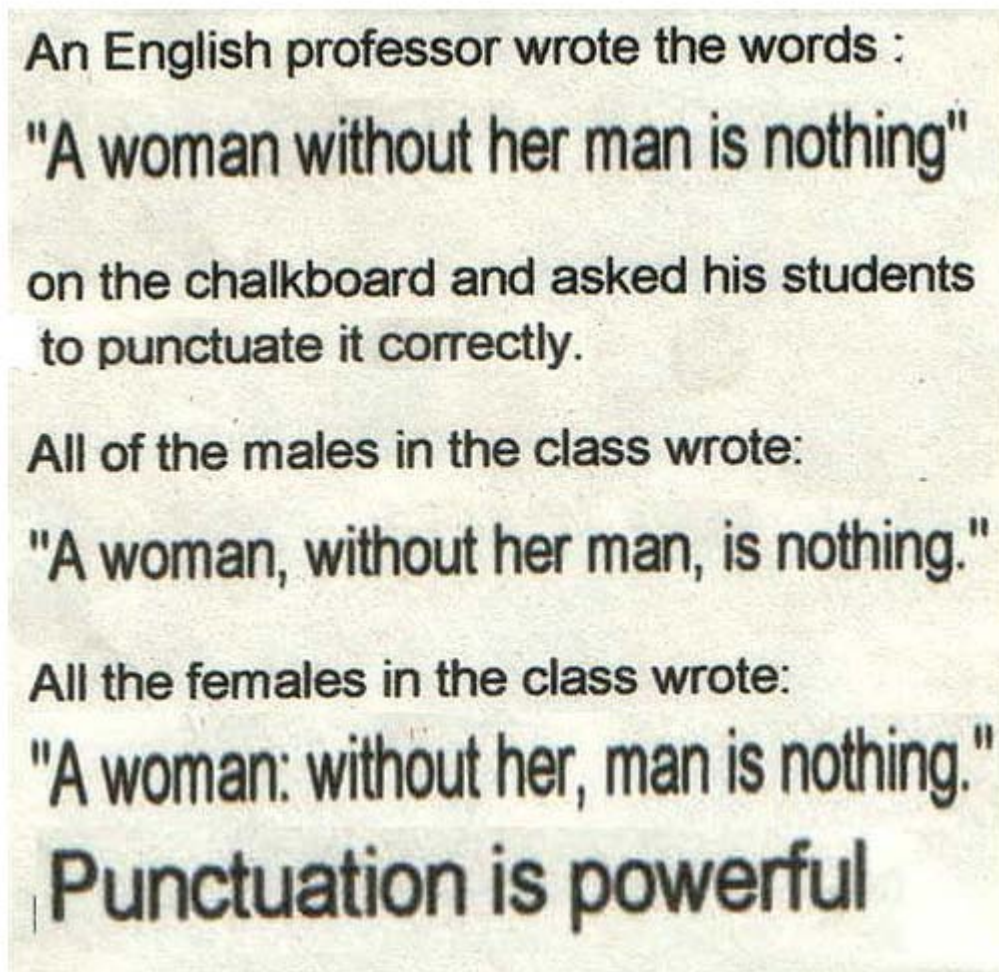


Astrid From Norway with love...

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Be patient it is a long interesting story...

Position of total relaxation. Â

Savasana: Position of total relaxation.

http://www.mdig.com.br/imagens/brincadeira/yoga_russa_01.jpg

Balāsana: Position that brings the sensation of peace and calm.

http://www.mdig.com.br/imagens/brincadeira/yoga_russa_02.jpg

Setu Bandha Sarvangāsana: This position calms the brain and heals tired legs.

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Marjayasana: Position stimulates the midriff area and the spinal column.

http://www.mdig.com.br/imagens/brincadeira/yoga_russa_04.jpg

Halasana: Excellent for back pain and insomnia.

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Dolphin: Excellent for the shoulder area, thorax, legs, and arms.

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Salambhasana: Great exercise to stimulate the lumbar area, legs, and arms.

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Ananda Balasana: This position is great for massaging the hip area.

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Malasana: This position, for ankles and back muscles.

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Pigeon: Tones the body, and builds flexibility and helps get rid of 'stress'.

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So, let's start drinking

One day at the right time I will do a audio video presentation how and when I encounter this good girl about ~ 50 years ago or more.

We are good friend no MLM or funny story.... mutual respect.

Audio Video seminar cum presentation are F.O.C. @

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have good time, for assistance or information email me.

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