

## BENEFITS OF THE STANDING POSES

1. Develop correct posture and body alignment.
2. Build strength, stamina, and stability.
3. Increase flexibility in the ankles, feet, and toes, while developing the arches.
4. Stretch hamstrings and tone leg muscles.
5. Open hip joints and strengthen knee joints.
6. Improve circulation to the legs.
7. Lengthen the spine while opening the chest.
8. Bring energy and alertness to the body and mind.
9. Remove dullness and depression and leave you feeling invigorated, refreshed and light.
10. Stimulate digestion and elimination.
11. Greatly improve the efficiency of the respiratory, reproductive, glandular, and nervous systems.
12. Remove blockages and impurities in the subtle body.
13. Teach you to move in an even, integrated way.
14. Build the body heat necessary to easily and safely perform other postures.
15. Lay the foundation for practicing more advanced postures.