
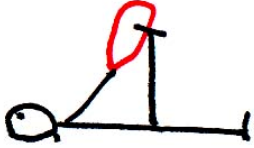

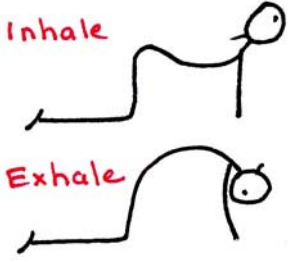


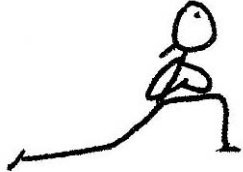





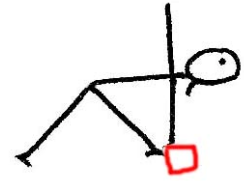


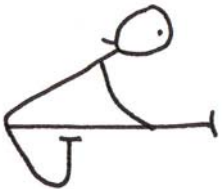






Computer Comfort

Poses that help ease the upper and lower back pain that can be caused by sitting in front of the computer for long periods.

 <p>Hasta Mudra Engages the wrists Touch tips of all fingers together with space inside palms</p>	 <p>Supta Padangusthasana</p>	 <p>Sucirandrasana</p>	 <p>Cat/Cow</p>	 <p>Tiger</p>
 <p>Table Twist</p>	 <p>Anjaneyasana</p>	 <p>Adho Mukha Svanasana</p>	 <p>Balasana</p>	 <p>Gomukhasana</p>
 <p>Virasana Garudasana</p>	 <p>Uttanasana</p>	 <p>Trikonasana</p>	 <p>Prasarita Padottanasana</p>	 <p>Malasana</p>
 <p>Janu Sirsasana</p>	 <p>Baddha Konasana</p>	 <p>Reclining Twist</p>	 <p>Viparita Karani</p>	 <p>Savasana</p>