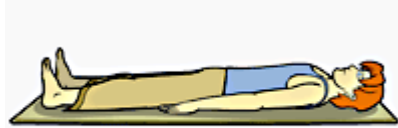


## Yoga Exercise - Wind Relieving Pose (Pavanmuktasana)

You may not be aware that a Yoga Exercise can relieve even the unwanted gases from your body. In the Wind Relieving Yoga Pose, the excess gas would be removed from the stomach and intestines, thus improving the digestive system. This Yoga Pose will also tone and stretch your lower back.



STEP 1: Lie on the Yoga Mat.



STEP 2: Raise your left knee.



STEP 3: Wrap your hands around your left knee.



STEP 4: Raise your head towards your knee. Breathe, release. Repeat with the right leg. You can also do the rocking motion slowly with rhythm.

Remember that while practicing the Wind Relieving Pose, resist the tendency to raise the lower back or buttocks off the ground and try to keep the leg that is on the mat as straight as possible. Aside from releasing unwanted gases from the intestines and stomach, the exercise will also massage the abdominal organs and the rocking motion will get rid of the stiffness in your spine.