

# Peace Corps Thailand Yoga Challenge

#PCVTYOGACHALLENGE #Yogaforhappiness #August2015#FitCorps

*"Happiness is an inside job." – William Arthur Ward*

August 3<sup>rd</sup> -9<sup>th</sup>: [Tree Pose\(Vrikshasana\)](#)



Benefits:

- Strengthens thighs, calves, ankles, and spine
- Stretches the groins and inner thighs, chest and shoulders
- Relieves sciatica

August 17<sup>th</sup> -23<sup>rd</sup>: [Supported Shoulder Stand \(SalambaSarvangasana\)](#)



Improves Digestion & Sleeping Habits

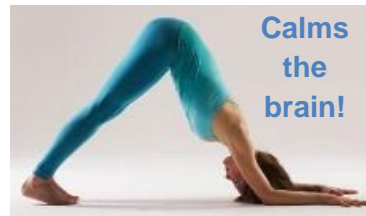
Stretches & Tones

Stimulates Thyroid, Prostate Glands and Abdominal Organs

August 10<sup>th</sup> -16<sup>th</sup>: [Dolphin Pose](#)

Relieves:

Stress & mild depression, headaches, insomnia, back pain and fatigue



August 24<sup>th</sup> -30<sup>th</sup>: [Happy Baby \(Ananda Balasana\)](#)

Brings Calmness to the Mind

Gently Stretches

Great for Inner Groins & Spine

Stress Reducer



August 31<sup>st</sup> - September 6<sup>th</sup>: [Reclining Bound Angle \(SuptaBaddhaKonasana\)](#)

Stimulates the Heart



Helps relieve symptoms of:

- Stress & Mild Depression
- Menstruation & Menopause