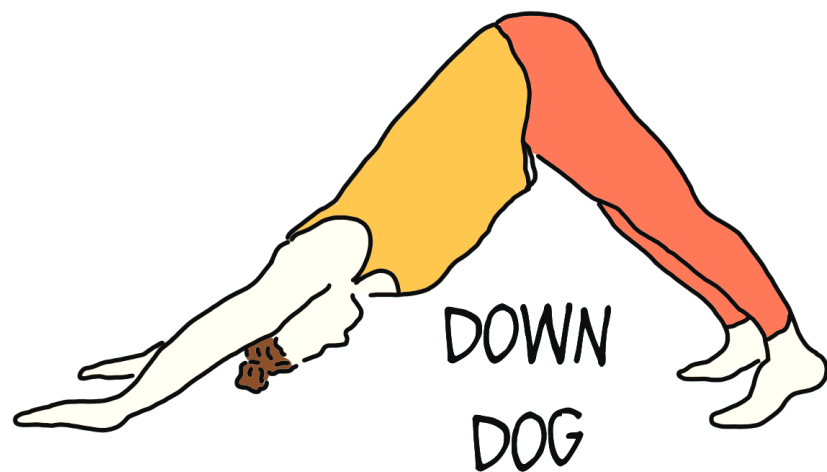


5 YOGA POSES FOR CHRONIC CONSTIPATION

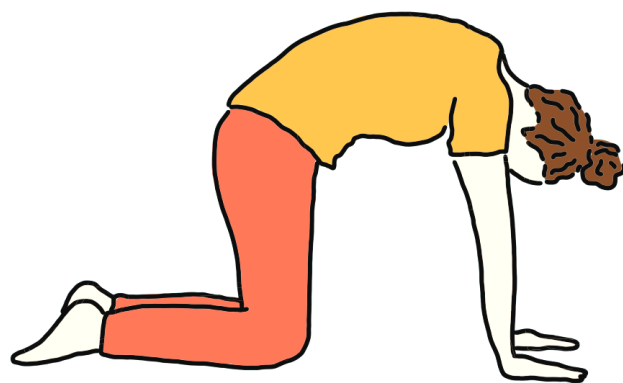


DOWN
DOG



SEATED
TWIST

CAT COW



WIDE KNEE
CHILD'S POSE



WIND RELIEVING POSE