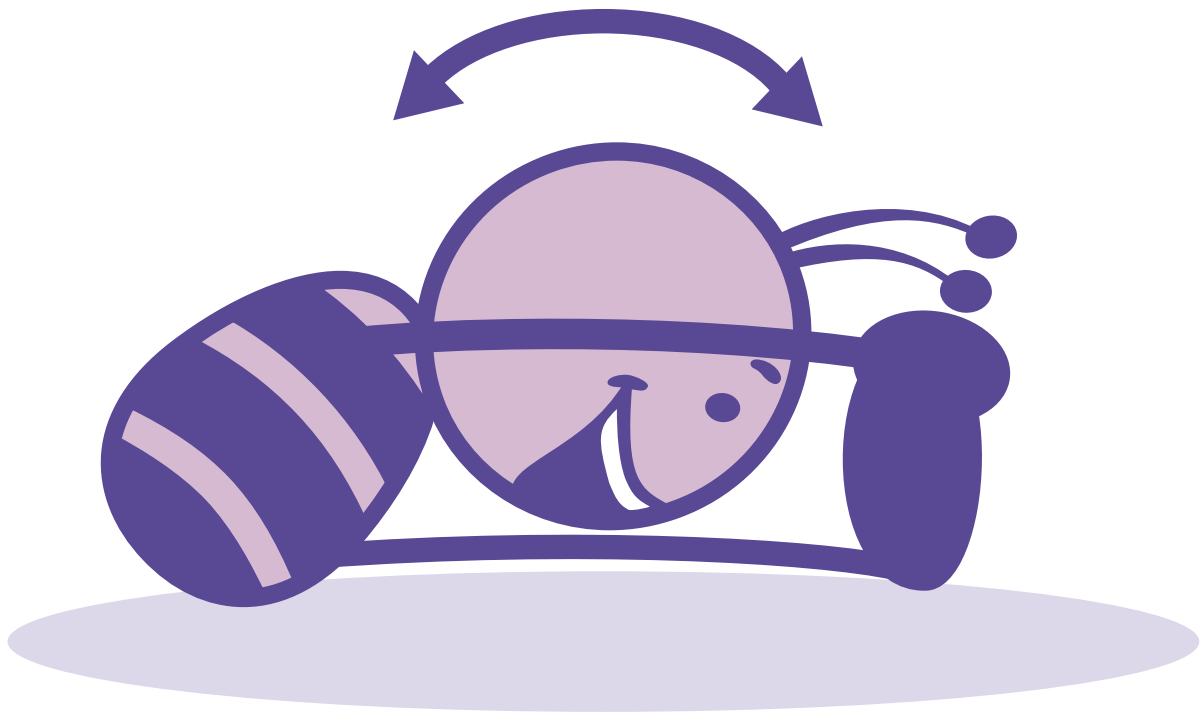




Posture of the Month



Sandwich (Paschimottanasana)

BENEFIT

The benefits are the same as for Pizza. Could also be packing a suitcase. Good preparation for packing a suitcase is to reach up to the top shelf with stretched-out arms to get it down. This posture is also good for spreading butter and cheese and chopping ingredients.

DESCRIPTION

We sit with our legs out in front of us and we spread the butter all over the bottom of our Sandwich (or the cheese on our pizza) and then we fill them with delicious goodies from our toes to our thighs. We lean forward and gobble everything up as quickly as possible so that no one else can get there before us.