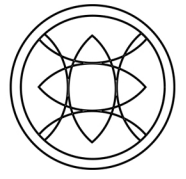


bheka Pune Prana & Massage Stick



According to Yogacharya B.K.S. Iyengar in his comprehensive text on hatha poses called *Yoga: The Path to Holistic Health*, a pole, such as the bheka Pune Prana and Massage Stick, “tucked behind the back assists the rib cage to expand.” This use makes breathing easier by creating more room for the lungs to open into.



The stick is great for massaging the neck, back, upper and lower legs a couple of uses are illustrated below. I am sure you will find many more.



Your sustainably harvested American Poplar bheka Pune Prana and Massage Stick has been sanded fine and treated with mineral oil for your use. As a natural item it may become less lustrous over time. Refreshing its beauty by rubbing in some more mineral oil is recommended.

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