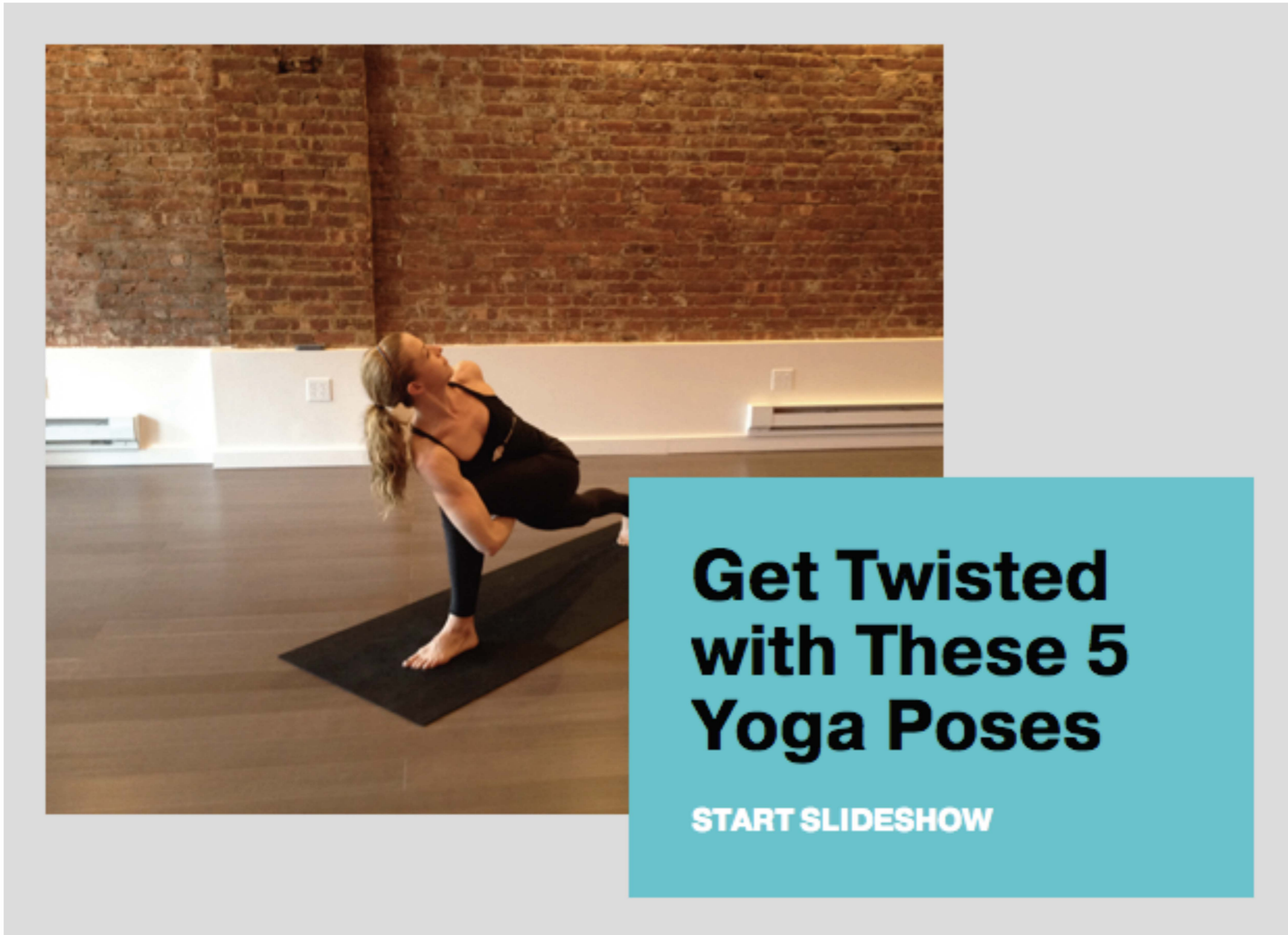


SELF



By **Jacqueline Risser**

April 26th is National Pretzel Day. Want to observe? Drop the salty snacks and pick up one of these twisted (and super strengthening) yoga poses from Bethany Lyons of New York City's [Lyons Den Power Yoga studio](#).

