

downward dog pose



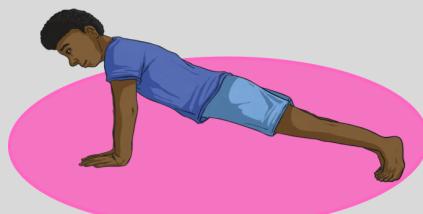
boat pose



frog pose



plank



crab pose



moon pose



camel pose



warrior pose



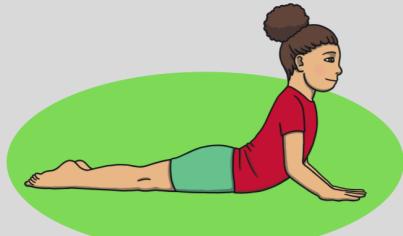
candle pose



caw pose



cobra pose



forward bend



child pose



chair pose



yoga bingo board

crab pose



warrior pose



downward dog



camel pose



frog pose



candle pose



plank



cobra pose



forward bend



chair pose



child pose



caw pose



Aim to hold each yoga pose for
30-40 seconds.

yoga bingo board

cobra pose



moon pose



chair pose



camel pose



downward dog



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child pose



plank



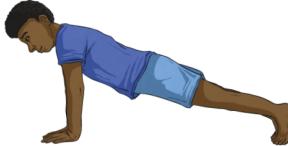
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moon pose



boat pose



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yoga bingo board

child pose



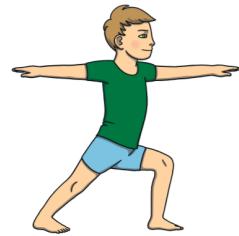
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