

Yoga

EXERCISES

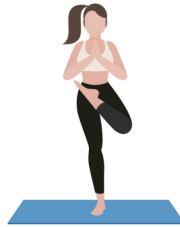
extended hand to toe



warrior 1



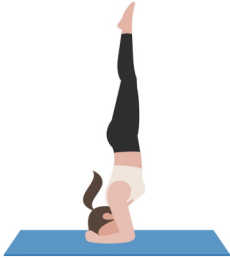
tree pose



balancing stick



headstand



seated twist



high leg



down dog



seated head to knee



camel pose



standing bow pulling
pose



triangle twist



king pigeon pose