



MODULE 1

STRETCH

AN ILLUSTRATED STEP-BY-STEP GUIDE TO
90 SLIMMING YOGA POSTURES

Table of Contents

1. How To Use This Book
2. A Short Guide For A Successful
Yoga Practice
3. Warm-Up Poses
4. Sun Salutation
5. Standing Poses
6. Balancing Poses
7. Sitting Poses
8. Knees Poses
9. Prone Poses
10. Supine Poses
11. Closing Poses & Mudras

