

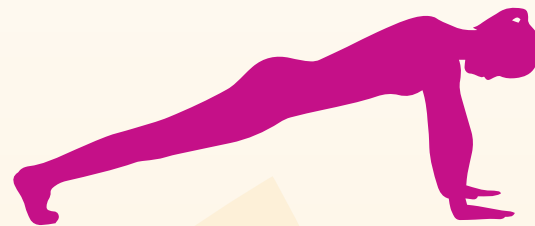
# 12 basic yoga poses



MOUNTAIN



DOWNWARD FACING DOG



PLANK



UPWARD FACING DOG



CHILD'S POSE

## Yoga can

*help with stress management*

*improve mental well-being*

*sharpen concentration*

*increase flexibility,  
muscle tone and strength*

*improve respiration,  
energy and vitality*



WARRIOR ONE



BRIDGE



RECLINING SPINAL TWIST



WARRIOR TWO



BUTTERFLY



CHAIR



TREE



An Anthem Company

Sources:  
WebMD: 12 Basic Yoga Poses (accessed January 2016): [webmd.com/fitness-exercise/ss/slideshow-yoga-pose-basics](http://webmd.com/fitness-exercise/ss/slideshow-yoga-pose-basics).  
American Osteopathic Association website: The Benefits of Yoga (accessed March 2016): [osteopathic.org/osteopathic-health/about-your-health/health-conditions-library/general-health/Pages/yoga.aspx](http://osteopathic.org/osteopathic-health/about-your-health/health-conditions-library/general-health/Pages/yoga.aspx).