

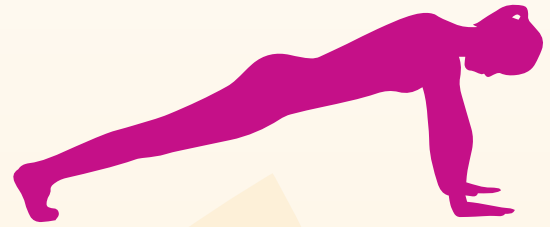
# 12 basic yoga poses



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