

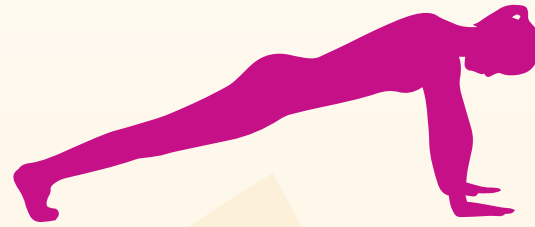
12 basic yoga poses



MOUNTAIN



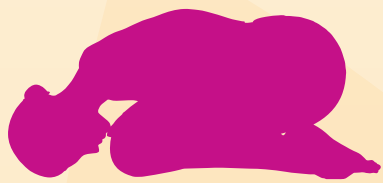
DOWNWARD FACING DOG



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